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Festival Celebrates City's Diversity - Page 20



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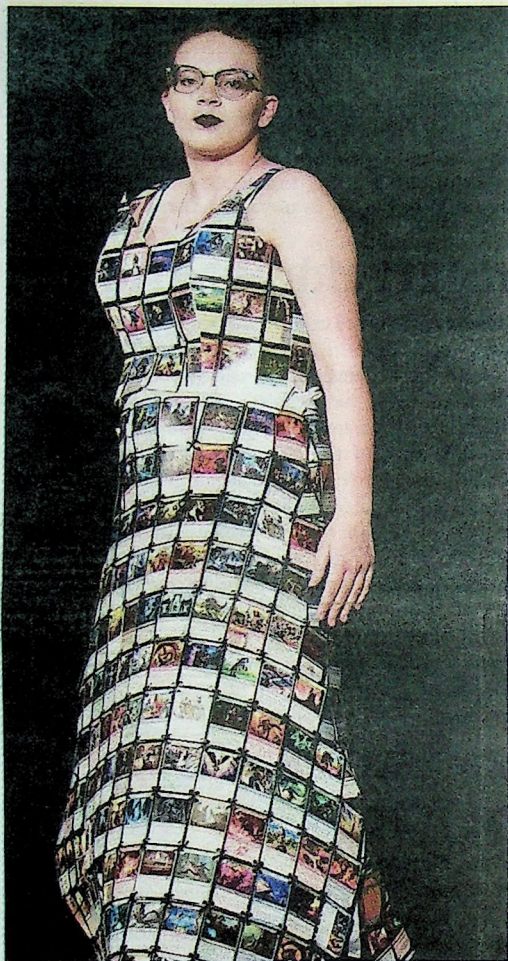
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QHS Fashion Show Returns To Runway

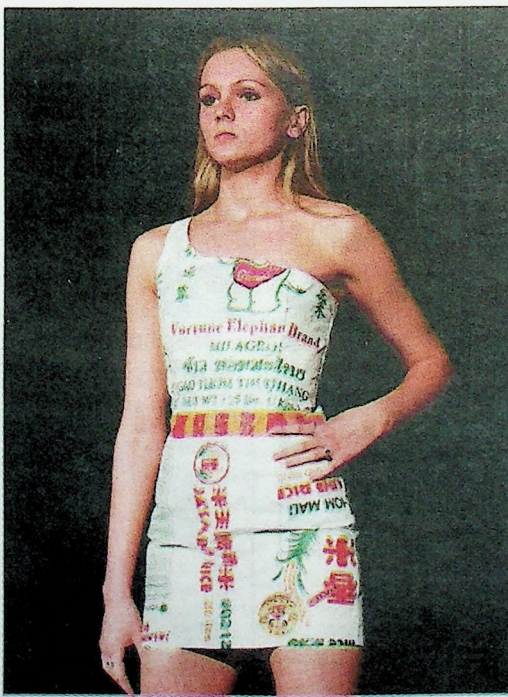


AFTER A TWO-YEAR absence due to the COVID-19 pandemic, the Quincy High School student fashion show returned to the runway before a capacity crowd at the Lloyd Hill Auditorium May 12. Here students wear eco-friendly fashions. Clockwise from top left: Katie Bardwell models a dress created using Magic the Gathering cards that she designed; Celia Cronin wears Shein bags and tissue paper designed by Kimi Vallee; Mya Milette wears a dress created with rice bags designed by Mary Tan and Jesse Zheng wears a shirt of neck ties that he designed.



More photos on Page 19 and Page 39 and on The Quincy Sun website: www.TheQuincySun.com.

Quincy Sun Photos/Robert Bosworth



Council OKs Wollaston Urban Renewal Plan

By SCOTT JACKSON

The City Council on Monday approved an urban renewal plan for Wollaston Center, a document that will set the stage for future re-development efforts in the area.

The council voted 7-0 in favor of the urban renewal

plan (URP) for the area as proposed by Mayor Thomas Koch following a presentation by the city's Planning Department and a public hearing on the item. Ward 5 Councillor Charles Phelan Jr., who owns a business in Wollaston Center, was re-

Cont'd On Page 27

Green Beret Memorial Day Speaker May 30

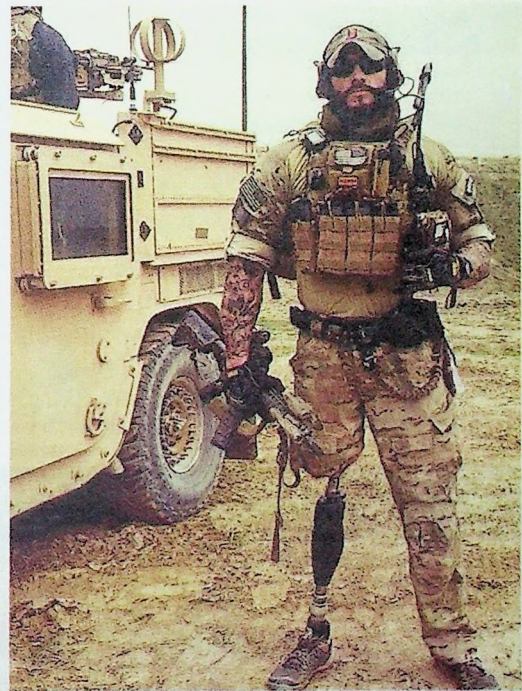
By SCOTT JACKSON

An active-duty member of the United States Army Special Forces who lost his leg serving in Afghanistan will be the guest speaker at Quincy's Memorial Day ob-

servance on Monday, May 30.

The ceremony will take place at the World War II memorial overlooking Sea Street inside Mount Wol-

Cont'd On Page 11



CHIEF WARRANT OFFICER 2 Nick Lavery will be the keynote speaker at the City of Quincy Memorial Day ceremony Monday, May 30 at Mount Wollaston Cemetery.

Real Estate Prices Continue To Surge - Page 12
Municipal Light Plant Clears First Hurdle - Page 26
Pine Hill Cemetery Plan Approved - Page 28



More Quincy news:

The Quincy Sun.com

SAL Remembrance Ceremony Sunday At Flags For Veterans Island

On Sunday, May 22 at 1 p.m., Squadron 294 of the Sons of the American Legion, Cyril P. Morrisette Post, West Quincy, will hold a remembrance ceremony at "Flags for Veterans Island" in Fort Square, Quincy (corner of School and Pleasant Streets).

The event is to honor all men and women who gave the ultimate sacrifice for this country on the eve of Memorial Day, May 30.

Guest speaker will be Christine Cugini, a veteran of the United States Navy and now director of Veterans Services for the City of Quincy. Other participants may include Mayor Koch and other elected officials, several color guards, representatives of The American Legion, and the Leatherneck Honors Society of Massachusetts.

The public is urged to attend.



ROBERT LaFLEUR, past commander of the Morrisette American Legion Post, sounds "Taps" at the Sons of the American Legion, Squadron 294's Memorial Day observance May 23, 2021 at Flags for Veterans Island, Fort Square, Quincy. Shown here are some of the 400 flags that decorate the island. The flags honor veterans who served, are still serving and some who gave the supreme sacrifice. The Squadron will host its Memorial Day Remembrance Ceremony this Sunday, May 22 at 1 p.m. at the island. The public is invited to attend. Quincy Sun Photo/Robert Bosworth

Gov. Baker To Give Quincy College Commencement Address Friday

In his only college graduation speech this spring, Gov. Charlie Baker will deliver the keynote address at Quincy College's 2022 Commencement exercises on Friday, May 20 at 11 a.m. at Veterans' Memorial Stadium.

"I'm honored to have

been invited to speak at this year's Quincy College Commencement," Gov. Baker said in a press release issued by the college. "During their educational journey, this year's graduates have shown remarkable resilience, admirable perseverance and a strength

of character that will serve them well in the future. I'm very much looking forward to celebrating their success with them, their families and the college community in the historic City of Quincy."

Quincy College President Dr. Richard DeCris-

tofaro said the governor's acceptance of the city's invitation is a tribute to the college's students, faculty and staff.

"The Governor — like all of us — has endured a lot during the past two years. Like us, he has emerged stronger and wiser for the experience. His leadership throughout an unprecedented public health crisis was impressive, and he knows the importance of adaptability, flexibility and

resilience in the face of unforeseen challenges. He appreciates how dramatically higher education has been affected. And he knows full well the value of the lessons we've all learned as we gradually emerge from the lengthy shadow cast by COVID-19," DeCristofaro said.

"We are very proud of the students' accomplishments especially through such a challenging time and we are honored to have Governor Baker join us in

wishing them well as they go forward in the world," said Mayor Thomas Koch.

Dr. DeCristofaro encourages Quincy College alumni as well as city residents to attend the Commencement. "I hope everyone shares my enthusiasm for our 2022 Commencement and all that the day means to our graduates," he said. "I'm sure we will all be inspired both by the governor's presence and his message."

Quincy Rotary Club Awards

22 Scholarships To High School Seniors

The Quincy Rotary recently awarded 22 scholarships to high school seniors from Quincy High and North Quincy High.

QHS Principal Lawrence Taglieri and guidance counselors Alicia Lyons and Melissa DeGraan did the honors for Quincy High.

QHS recipients are: John Alessandro, Natalya Desmond, Maya Dijkstra,

Aisling Donaghue, Rachel Feng, Emma Glavin, Kellen Kopp, Thu Luong, Rebecca Morris, Nandan Nair, Coleman Ross, and Ngan Vo.

NQHS Principal Keith Ford and guidance counselor Mary Devlin did the honors for North Quincy High.

NQHS recipients are: Alexandra Abramovich, Carly Amendolare, David Bridge-

es, Adelin Chan, Avery Glennon, Trista Lee, Andrea Ngo, Teresa Sheedy, Fiona Smith, and Melody Tai.

The seniors and their guests had lunch with the Rotarians at the Common Market on May 10. Quincy Rotary is proud to honor these seniors for their academic success and their community service.

Three Students Presented

Thomas Galvin History Award

The Galvin Family is pleased to announce this year's recipients of the Thomas M. Galvin Quincy History Award.

Sean Galvin did the honors and announced the 2022

winners:

Kellen Kopp (QHS)
Adelin Chan (NQHS)
Zoë Maher (Woodward)

This award honors the memory of Quincy and Rotary Historian, Tom Galvin.

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5-Story, 24-Unit Building At 29-31 Newcomb St.

Neighbors Pan Proposed Newcomb St. Condos

By SCOTT JACKSON

Area residents spoke out against a proposed 24-unit condominium building on Newcomb Street in Quincy Center, and several members of the Planning Board shared concerns about the project as well.

The Planning Board on May 11 held a public hearing on Steve Niosi's proposal to construct the five-story, 24-unit building at 29-31 Newcomb St. The board did not vote on the proposal that evening and will take up the matter again on Aug. 3. The project also requires approval from the Zoning Board of Appeals and the Conservation Commission.

The property at 29-31 Newcomb St. contains 13,869 square feet of land within a Business C zoning district. There is currently a two-family home on site.

Niosi in 2019 received permission from the Zoning Board of Appeals to

construct a five-story, 39-unit apartment building at 29-31 Newcomb St. and the neighboring property at 31-35 Newcomb St. Those two lots have a combined 26,135 square feet of land between them. The apartment building would have included 18 one-bedroom units and 21 two-bedroom units, along with 64 parking spaces.

At the May 11 meeting, Niosi's attorney, Kathleen Heyer, said the developer nixed his plans for the 39-unit building.

"Because of COVID and construction costs and other business considerations, my client has decided not to move forward with that larger project," she said.

The new proposal for 29-31 Newcomb St. calls for construction of a five-story building with parking on the ground level and 24 condominium units on the remaining floors.

The plan includes 24

parking spaces in the garage on the ground floor of the building, less than the 36 parking spaces required by the city's zoning code, which calls for one and a half parking spaces for every residential unit in a Business C zoning district. Heyer said the building would be "very close," about 1,500 feet, from the Quincy Center MBTA station and said a study found 63 percent of residents in the area are moving towards walking, cycling, public transit or carpooling for transportation.

"We are proposing a 1:1 parking ratio based upon this information that indicates that people are using their cars less and they are owning fewer cars," Heyer said.

Driveways would run along both sides of the building providing access

Cont'd On Page 14



STATE REP. Bruce Ayers recently stopped by Squantum Elementary School for his annual "Read to Ride" program, where in partnership with the school, he presents a bicycle to the student who read the most books over summer vacation. Ramla Mkindi, a 5th grade student, was this year's lucky recipient. "It's always great to be at Squantum School and spend some time with the students," Ayers said. "I'm proud to once again partner with the Quincy Public Schools to promote literacy, and recognize Ramla's hard work with a new bike." Mkindi, whose mother was present for the surprise presentation, also received an official state citation from the Massachusetts House of Representatives recognizing her accomplishment. Ayers annually works with the elementary schools within his legislative district to offer free bicycles to students to reward summer reading.

Photo Courtesy Bruce Ayers

Quincy Rotary Club Presents QMC Foundation Nursing Scholarships

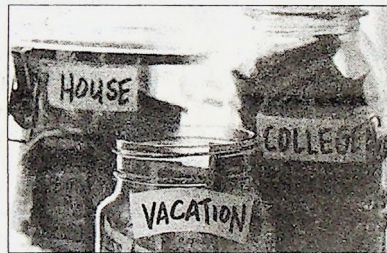
The Quincy Rotary has the honor of managing the Quincy Medical Center Foundation Nursing Scholarships.

This year award recipients and guests attended the Rotary Scholarship Luncheon at the Common Mar-

ket on May 10.

Scholarship attendees were:

Avery Glennon, Andre Ngo, and Teresa Sheedy from North Quincy High School; Anee Patel from Quincy High and Olivia Hearn from Landmark.



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Moments in time

THE HISTORY CHANNEL

• On May 30, 1593, playwright Christopher Marlowe, 29, is killed in a brawl. He was nearly denied his master's degree in 1587, until advisers to Queen Elizabeth intervened, referring to his services for the state. Historians later documented Marlowe's activities as a spy for the queen.

• On June 2, 1865, Confederate Gen. Edmund Kirby Smith, commander of Confederate forces west of the Mississippi, signs surrender terms offered by Union negotiators. The event is regarded as marking the end of the Civil War.

• On June 4, 1896, Henry Ford unveils the "Quadricycle." The 500-pound vehicle had two driving speeds, no reverse, no brakes, rudimentary steering ability and a doorbell button as a horn. It could reach about 20 mph.

• On May 31, 1929, Ford Motor Company signs an agreement to produce cars in the Soviet Union. In return, the USSR agreed to buy 72,000 unassembled Ford cars and trucks and all spare parts required over the following nine years.

• On June 5, 1933, the United States goes off the gold standard, in which currency is backed by gold. All gold coins, gold bullion and gold certificates were to be turned over to the Federal Reserve for the set price of \$20.67 per ounce.

• On June 1, 1942, a Polish underground newspaper makes public the news of the gassing of tens of thousands of Jews at Chelmno, a Nazi-operated death camp, as told by a young Jew, Emanuel Ringelblum, who escaped after being forced to bury bodies at the camp.

• On June 3, 1956, in Santa Cruz, California, city authorities announced a total ban on rock and roll at public gatherings, calling the music "detrimental to both the health and morals of our youth and community." Similar bans were enacted in Asbury Park, New Jersey, and in San Antonio, Texas, where the city council was fearful of "undesirable elements."

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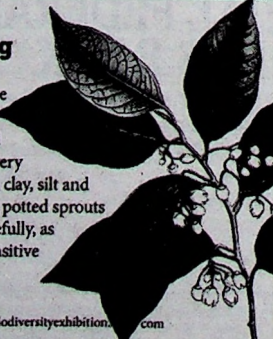


Nutmeg

The nutmeg tree is cultivated in many tropical islands and countries, where the soil is very moist and loaded with sand, clay, silt and organic matter. Transferring potted sprouts to the soil must be done carefully, as the root systems are very sensitive to bruising and damage.

- Brenda Weaver

Sources: www.plantguide.org, spices.biodiversityexhibition.com



READERS FORUM - More Letters Page 17

Forbes Hill Park Project Needs Due Process

Letter to the Editor:

I am a relatively new resident of Quincy. My husband and I moved to the Forbes Hill neighborhood in 2020. We have become friends with many neighbors and spend a lot of time at Forbes Hill Park at the top of our little hill.

The Mayor is working with the Department of Natural Resources and the Quincy City Council on a proposal to develop and improve the Forbes Hill Park and Forbes Hill Golf Course and Clubhouse. While there is still no final design, I understand several decisions have already been made without the neighborhood's input or consent. I have several concerns as these plans march forward, concerns that I believe many in this neighborhood share:

1. **The proposal includes encroaching into the open field space to create parking for the golf course.** The leaders of this project will tell you that the plan requires an extra ~25 parking spaces to accommodate use of the field (tennis court, basketball court, field, and small playground). That is ridiculous. I walk to the field every day, several times a day, and 9 times out of 10 when the parking lot is full, the field is empty. If golfers would like more parking, green space should be taken from the golf course, not open green space that is meant for all. There is no credible reason why any open green space should be used for parking.

2. **The proposal does not include a comprehensive or independent environmental assessment.** The City's Tree Warden came to look only at a section of trees that would be removed for more parking. This is insufficient. The City should commission an independent review of the entire park and the golf course to assess where the project could remove invasive tree species and preserve or plant native trees, as well as address overgrowth and other biodiversity considerations. I have not met them but have heard the Quincy Tree Alliance could be an excellent partner to help City planners determine the best plan to manage this urban forest.

3. **The proposal does not present a clear plan for addressing the reservoir underneath the park.** This reservoir was improperly "sealed" when the park was filled in several decades ago. Overflow from this reservoir regularly causes issues for residents downhill and should be of the utmost priority when allocating funds for this broader development project. This is a concern that affects residents now. The City should commission a feasibility study from an independent civil engineer that describes a stormwater management plan and a detailed cost breakdown. This plan should be provided to all Quincy City Council members and to residents to allow for proper oversight.

4. **The proposal includes extended restaurant hours which will impact neighborhood traffic and increase risks of drunk driving and heightened noise levels.** The community was sadly not involved in the City's decision to sign a contract with the Fours for extended food and beverage service to 11:00 p.m. This is unacceptable for a quiet neighborhood. How can this contract be renegotiated or what decisions must be made in future around this contract to help balance the interests of the community?

5. **The proposed new clubhouse will be much larger**

and much closer to residents. While the new clubhouse will be adjacent to the old one, it is sufficiently further toward the quiet neighborhood to alarm residents. Considering this building will exist for another 100+ years it would behoove the City to reconsider replacing the building in its original footprint so that neighborhood residents are not abutting a restaurant (that now has longer hours). If the financial integrity of this project hinges on keeping the clubhouse open during construction of a new clubhouse, I am worried for the financial viability of this project given its several shortcomings to date. The decision seems wildly shortsighted.

6. **The proposal makes no mention of climate change.** Quincy is a member of the Metropolitan Boston Climate Preparedness Commitment. Quincy also has a greenhouse gas emissions mitigation plan. I urge the City to consider the opportunity to develop the park and golf course and clubhouse to the highest sustainability standards. This involves no net loss of tree cover, preserving and even restoring open green space in certain areas that have been overgrown or neglected, ensuring the new clubhouse meets the highest standards for energy efficiency, has solar panels on the roof, among many other exciting options.

What is most disappointing is that I do not believe an unbiased conversation with a diverse group of stakeholders has been had to answer meaningful questions, such as: why the clubhouse needs to be larger, why the parking lot needs to be bigger, and why the restaurant service needs to go later? Will there be weddings and other large events sanctioned in this space? Where is the neighborhood's voice to balance our open space, tranquil community, property values, and community safety? Not to mention the substantial costs involved in the new building, expanded parking, and many of the developments that are currently not factored in, such as proper resolution to the reservoir issue and proper environmental remediation of Forbes Hill Park.

In fact, what are the VALUES driving this project?

To date, the City has given us, voters and constituents, the impression that it is more interested in rushing this project than doing it right. It needs due process. Of course, the plan will not be able to meet the needs of all. Currently, however, it is meeting the needs of only a few. The process needs more community input and involvement and MUCH more transparency.

This proposal should be delayed until decision makers implement an inclusive process that considers the total financial impact and preserves our quality of life for our neighborhood and other Quincy residents to enjoy.

Sarah Edwards

Sarah Edwards is a Forbes Hill resident and member of Friends of Forbes Hill Park, a neighborhood group that promotes the preservation and restoration of the park's open and green space.

Sign our petition: bit.ly/forbeshillpetition

Join the Facebook group: <https://www.facebook.com/groups/saveforbeshillpark>

Join our email list: saveforbeshillpark@gmail.com

Seeks Sponsors For Annual Quincy Cup Tournament

My name is Asher Wines and I am an 18-year-old kid from Quincy asking for some local help.

With the cancellation of multiple youth sports leagues and events last year, my classmates and I decided to design a community event to bring happiness, if only for a weekend, to neighboring kids of all ages. This special event was a street hockey tournament called the Quincy Cup. The weekend proved to be an escape from the restrictions revolving around last year's pandemic and was a massive success. Hundreds of people showed up to support their friends while having a good time. With that being said, I am pleased to announce that the Quincy Cup is back.

The tournament will once again be held at Wendell Moses Playground, in Squantum. Starting Saturday, May 21st through Sunday, May 22, games will take place from sunrise to sundown all weekend. This year's goal is the same as last's: promote competition while embracing community involvement and recognizing the outstanding businesses that Quincy has to offer. In just a few short weeks, 16-20 competitive teams from the Boston area and beyond will battle for some cash and bragging rights, in a double elimination street hockey tournament.

The Quincy Cup not only represents the commemoration of a remembered past time, but more importantly, it is a celebration of this admirable community. In order to successfully run a tournament of this magnitude, local sponsorships

are welcome with open arms. In this event, a donation of \$200 from sponsors would cover the costs of approximately 150 shirts, street hockey balls, hiring of a photographer, waters, etc. Sponsors will have their names pasted on the back of all shirts, a symbol recognizing their support as kids wear them on their backs long after the tournament has passed. As a thank you gift, all sponsors will receive a custom shirt as well. Most importantly, we are proud to announce that the funds raised from the sales of these shirts will be donated to Shriners Children's Hospital in Boston, MA.

Checks can be made out to Asher Wines and if you have any questions please feel free to reach out:

Asher Wines

winesasher@gmail.com 513-464-8078

Thank you for considering supporting this event.

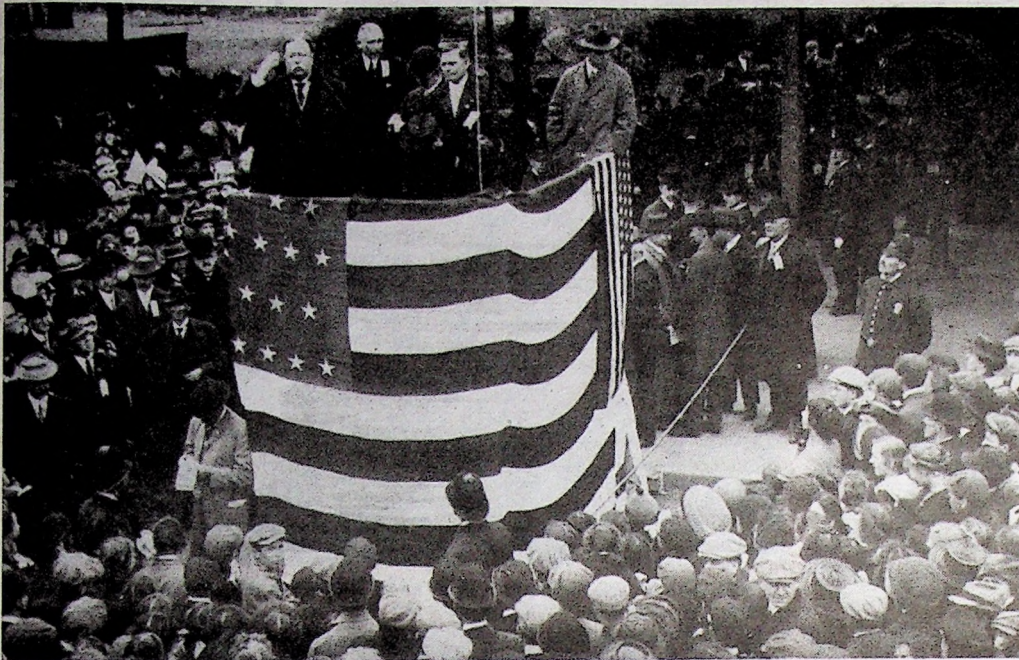
Looking forward to hearing from you,

Asher Wines.

P.S. The following businesses and groups are among the sponsors of this year's Quincy Cup:

Hancock Tavern, Sea Street Collision, Ayers Collision, Kindred Organizing, Callahan/Norris Family, Quincy Police Patrolmen Association, Prime Behavioral Health, Suffolk Floors, Flex Flooring, Eastside Place, Time Out Pizza, Carmine's, Boston Audio, Kindred Family, ADEP Group, Grand Premier Flooring, Lofty Builders, Mudhouse, First Class Detailing and Bernie's General Store.

Scenes From Yesterday



THIS 1912 real photo postcard is a view of President William Howard Taft making a whistle-stop re-election campaign speech at the Quincy Center railroad station. Taft, who was a Republican, is the large man waving on the left of the platform. Quincy's Republican Mayor Eugene R. Stone is to the right of Taft with the banner on his lapel. He introduced Taft and his Vice President James Sherman who is probably the man holding the top hat. What looks like a Secret Service agent in a

trench coat is looking over the crowd on the right of the platform. Taft lost the three-way race for president to Woodrow Wilson who got only 42 percent of the popular vote, but the majority of the electoral votes nation-wide. Sherman never knew that they lost because he died two days before the election. Allan Pierce, a Quincy photographer, published this and a number of other postcards of this event.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1971
51 Years Ago

Mother Tosses Bonnet Into Mayoral Ring

A 28-year-old mother of four has tossed her bonnet into this year's mayoralty ring because she believes "it would be better for a woman to run the city."

Mrs. Rita Anderson, 2 Shawmut Place, took out her nomination papers this week and is believed to be the first woman in Quincy history to seek the city's chief executive job. And her husband Jim is "all for it," she says. "He thinks it's a good idea to have a woman mayor."

The woman's talent for economy and savings could be put to good use in city government, Mrs. Anderson insists. "I don't know that I could lower the tax rate," she admits, "but perhaps I could hold it where it is!"

SEVEN MORE TAKE OUT PAPERS

Seven more candidates had taken out nomination papers by midweek, including the first woman candidate for mayor. They include: Donald J. Riley, Ward 6 Councillor; Warren Powers, Ward 5 Councillor; Rita Anderson, Mayor; Dennis Harrington, Ward 6 Councillor; Richard Corner, Ward 3 Councillor; Paul C. Kelly, Councillor at-Large, and Louis Caruso, Ward 1 Councillor. (Editor's note: None of the above would be successful.)

QUINCYISMS

Gov. Francis W. Sargent swore in Robert Prince of Brockton as the presiding justice of the Quincy District Court. Prince, former Plymouth County Superior Court Clerk, succeeded Judge Kenneth L. Nash, who retired... The Quincy Sunbeams Column noted Ward 5 Councillor and State Representative Walter J. Hannon was expected to announce a run for mayor of Quincy. A Quincy Sun sidewalk survey showed that Quincy citizens willing to be "counted" among 150 asked, favored the election of the school committee by wards. (Editor's note: Election of school committee members by wards never came to fruition.)... Mrs. Agnes Reichert was elected senior regent of the Quincy Chapter, Women of the Moose... A check for \$1,500 from the Cherry Gift Shop was presented to Quincy City Hospital by Mrs. Z. Cranston Smith for the Women's Auxiliary... New officers of the Houghs Neck Congregational Church Mothers' Club with Mrs. Archie Hobbs as president, were to be installed May 26 by the Rev. M. Alicia Corea... The Kiwanis Club of Quincy was scheduled to hold its annual smorgasbord and fashion show May 26 at The Quincy Masonic Temple, Hancock St., at 6 p.m. John Kent was to be general chairman of the event with Elmer "Mike" Fagerlund as smorgasbord chairman and Walter Fantucchio as chairman of prizes... Mr. and Mrs. Jack Aiguier of 211 Manet Ave, Houghs Neck, welcomed a son, born at Quincy City Hospital... Mr. and Mrs. Joseph Belliveau, 112 McGrath Highway, Quincy Center, were honored at a 25th wedding anniversary party given by their daughter. The couple was married at St. John's Church, May 12, 1946. Mrs. Belliveau is the former Mary Ann Cardone... Mary Jane DiBona, daughter of Mrs. Leo C. DiBona, 29 Carter St., South Quincy, and the late Mr. DiBona, was awarded a \$400 scholarship by the Beacon Hill Chapter, National Secretary's Association. Miss DiBona will attend Aquinas Junior College of Business... Atty. Stephen T. Keefe, 175 Rock Island Rd., Houghs Neck, was elected to the Board of Directors of the Massachusetts Bay United Fund... Miss Sheryl Lee Dobbie, daughter of Mr. and Mrs. John Dobbie, 43 Russell Park, was to be installed as Worthy Advisor of the Wollaston Rainbow Girls Assembly on May 22 at the Quincy Masonic Temple... Probate Court Judge James R. Lawton was to be the guest speaker at the annual Memorial Program of Quincy Service Clubs on May 24 at the YMCA. Quincy Rotary, Lions, Probans and Kiwanis Club members along with representatives of several veterans' organizations are expected to be in attendance. Jim Stearns of the host Kiwanis Club is in charge of arrangements... Mrs. Nelson Saphir, 921 East Squantum St., project chairman of Save Our Shores, was to be the guest speaker to more than 60 Boston teachers at an in-service social studies workshop. She explored levels and approaches to social studies for elementary school children. (Editor's note: Mrs. Saphir in 1973 would be the first woman nominated for mayor in Quincy. She would lose the final election to incumbent Mayor Walter J. Hannon.)... South Shore TV and Appliance, 1570 Hancock St., downtown Quincy, was advertising "Westinghouse Filter Clean Portable Dishwashers at the Special Price of \$169.95"... Joseph R. Harold, 31 Riverside Ave, Adams Shore, was installed as Service Officer for the Boston Chapter of Disabled American Veterans. The Chapter, which includes 1,750 members, celebrated its 50th anniversary at a banquet at Wonderland Ballroom in Revere... Navy Chief Petty Officer Richard J. Lemon, son of Mr. and Mrs. Arthur J. Lemon, 41 Palmer St., Quincy, was aboard the guided missile frigate U.S.S. Belknap on maneuvers off the North Carolina coast.

How The Pandemic Has Caused Eye Issues

By Dr. CAROLANN SPERANZO, DHS, RDO

The pandemic has caused many changes in lifestyle, work, and social life. These modifications, such as attending school by Zoom and being home more, have had an impact on various aspects of health, in particular vision.

According to a recent study by MyVision.org, two out of five people noted their vision had become worse since the pandemic. One in three said they had not had eye examination and one in four actually avoided exams despite feeling one was needed as they experienced eye strain, fatigue, headaches, issues sleeping and even some eye twitching during long hours on the computer.

Perhaps the greatest change as the pandemic endured was the amount of time spent looking at a screen – nearly four in ten people admitted to more than eight hours a day on electronic devices. Nearly as many stated that working from home caused eyesight to become worse. Many of these respondents had invested in blue light filtering eyeglasses as studies showed blue light is cumulative and causes eye strain – although some just felt blue light filtering eyewear is fashionable. Few actually recognize how blue light is dispersed and what effect it may have on their eyes – particularly what possible impact causing their prescription to become worse. Despite these concerns, the study determined that one in three still have not had an eye examination nor have immediate plans to do so or update their eyeglasses.

Another noteworthy statistic was that one third of the respondents have changed how they normally wear either eyeglasses or contact lenses. Rather than simply wearing eyeglasses as they spent more time at home, they changed to contact lenses to avoid the fogging from use of masks. There is some contradiction in the studies – some document more use of eyeglasses to protect the eyes from possible exposure – a minimal risk since the virus is now shown to be spread through particles in the air. The study also noted that more than one in three complained of more trouble reading or doing anything at close range while more than two thirds felt their distance vision was much poorer. This has been particularly hard on children as myopia (nearsightedness) has increased due to the many hours of school work (and games) on the computer and less time spend outside in the sun. Prolonged time working at close range affects how the eyes are able to re-accommodate for distance range. Reducing time on electronic screens and increasing time outside are the two specific recommendations from the Vision Council to control the spiraling increases in eyeglass prescriptions for myopia.

From this data it is not surprising that at least one in three people have needed to have stronger eyeglasses since the pandemic. As the pandemic seems to wane in some cities and states, there are still areas where the virus continues to resurge or expand. For many scientists, this has been called

a change from a pandemic status to endemic situation that the virus will remain lasting in specific areas. This may mean ongoing use of masks and in all probability more vision problems that should be carefully addressed.

While there seems to be little chance this vision trend will be reversed, it is important to see your ophthalmologist or optometrist for an eye examination to determine if or how much your vision may have changed. This will help reduce eye strain and ensure physically healthy eyes. Once that is done see your optician for recommendations of ways to minimize increasing myopia with accommodative lenses and contact lenses. Remember, to preserve your vision you need to have the proper eyeglass prescription fabricated with appropriate lens styles, lenses that are free from scratches, that reduce distracting and annoying glare, and optimally fitting eyeglass frames. A licensed optician provides you with information on all of these areas and advice to assist you in the selection of properly fitting eyewear.

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens

Society of American and is certified by the American Board of Opticianry and the American College of Healthcare Executives. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached at 617-773-1178 or second sight eyewear@verizon.net

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Wollaston Garden Club Spring Plant Sale Saturday

The Wollaston Garden Club will hold its annual Spring Plant Sale on Saturday, May 21 from 9 a.m. to noon.

The sale will take place outside at the Wollaston Congregational Church, corner of Winthrop Avenue and Lincoln Avenue in Wollaston.

This club tradition has members splitting up their hardy perennials that have been successfully and beautifully grown in their gardens. There will be flowering plants, pollinator favorites, shade plants, and sun loving varieties with gardeners available to describe best planting locations and care of the plants.

There will be vegetables, herbs, and some annuals as well, just in time to plant in the finally warmed-up earth. This year the club will also be selling bags of compost from BlackEarth Composting. BlackEarth recently presented at the club's April meeting and requests for their compost and their services have grown

The Wollaston Garden Club is a member of the Garden Club Federation of Massachusetts and the National Garden Clubs, Inc.

City Cleaner, Greener After Volunteers Spruce Up Quincy



ANGELA PHAM and her dad, Ti Pham work together cleaning up the grounds of the Clifford Marshall School. More than 1,000 volunteers fanned throughout the city removing litter and debris, planting flowers and spreading mulch during the city-wide cleanup.

Quincy Sun photo/Tom Gorman



KATHY AND FRANK Hogan load up the mulch as they beautify the grounds of the Souther Tide Mill.

Quincy Sun photo/Tom Gorman



NAN TRINH spruces up the Clifford Marshall School playground.



JOHN MURPHY trims grass in the Clifford Marshall School outdoor classroom.



GRADE EIGHT STUDENT Harry Pham was among the many volunteers who helped spruce up the grounds at the Point Webster Middle School during the Cleaner, Greener Quincy event.

Photo Courtesy Christine Barrett



SMALL ARMY of volunteers including many students helped clean the grounds at the Point Webster Middle School.

Photo Courtesy Christine Barrett



MERRY MOUNT BEACH was another target spot for the annual Cleaner, Greener Quincy. Among those helping out were Maylee Sauter (left), age 7, and Frank Sauter, age 5.

Photos Courtesy Mark Sauter

City Cleaner, Greener After Volunteers Spruce Up Quincy



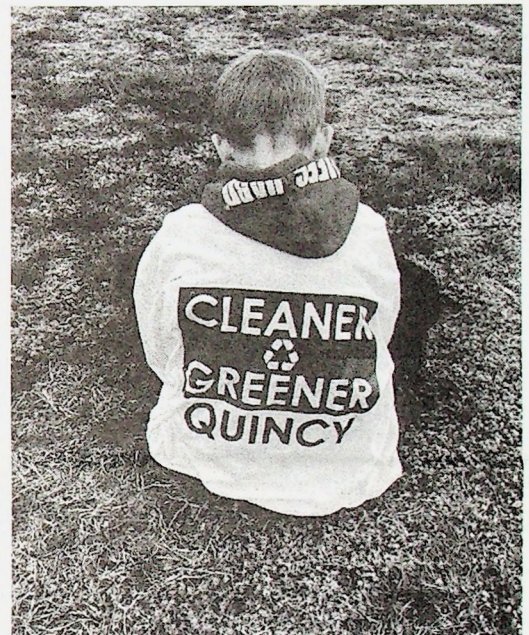
QUINCY CLIMATE ACTION Network (QCAN) and Quincy Tree Alliance (QTA) cleaned the marsh verge and woods from Quincy Shore Drive and Fenno Street through to the back of Beechwood Knoll School. From left to right: Fay Strigler (QCAN), Erin Santacroce (QTA), and Lori Earl. (QTA).



FROM LEFT TO right: Ross Edwards, Fay Strigler and Sarah Belfort (all QCAN), and Lori Earl (QTA), and Jon Gorey (QCAN).
Courtesy Photos



MEMBERS OF THE Ward 2 Civic Association spruced up Mound Street Beach during the Cleaner, Greener Quincy city-wide cleanup. From left to right: Richard Ash, Victoria and Vinnie Gibbons, Quincy Police Officer Steven Cleary, Quincy Police Officer Chris Bulger, Fiona Coughlan, and Nancy, Nathan and Andrew DeLisle.
Courtesy Photos



Movie Review: 'Doctor Strange In The Multiverse Of Madness'

By **BOB GARVER**

After "Spider-Man: No Way Home," I was a little apprehensive about the Marvel Cinematic Universe exploring more of the Multiverse. Sure, seeing guest stars from two other universes was great and all, but I was (and still am) worried that the MCU will use the Multiverse as an excuse to do whatever it wants. Years of continuity can be undone with the writers just shrugging and saying, "The Multiverse."

Don't get me wrong, some course corrections may be worth making (can we get Michael B. Jordan's "Black Panther" villain Erik Killmonger back somehow?), but if they're overdone, the movies will become stakeless and uninteresting.

The good news is that "Doctor Strange in the Multiverse of Madness" doesn't fall into this trap. Aside from a rapid-fire sequence in the middle, this movie only spends significant time in four or five universes. We get a variety of settings without the movie overdo-

ing it, like the imaginative-but-cluttered "Everything Everywhere All at Once." For a movie about the Multiverse, this movie was a lot more grounded than I expected, and I mean that in a good way. The bad news is that I couldn't really get invested in the story in any universe, and of course I don't mean that in a good way.

Doctor Stephen Strange (Benedict Cumberbatch) is unsatisfied with his life post-"Avengers: Endgame." People blame him for the completely-necessary five year "blip," his former girlfriend Christine (Rachel McAdams) is getting married to someone else, and he has a recurring nightmare in which he's unable to save America Chavez (Xochitl Gomez), a teenager with the ability to jump between universes.

Chavez is being hunted by Wanda "Scarlet Witch" Maximoff, who wants to fatally drain her of her powers so she can hop to another universe and reclaim her children, who were born and lost in the 'MCU TV' series

"WandaVision." Best case scenario: Chavez is in life-threatening danger. Worst case scenario: the fate of multiple universes is in danger.

Strange and his temple's army, led by Wong (Benedict Wong) fight diligently to protect Chavez from Scarlet Witch, but ultimately it is decided that a change of venue is in order. Strange and Chavez hop universes, and end up in one where Strange is put on trial before a council of other Marvel characters. This lineup includes a returning Mondo (Chiwetel Ejiofor), though most have yet to be seen in the Disney-owned MCU. I had heard in advance of one cameo, so I wasn't taken off-guard, only to be taken completely off-guard by another one I hadn't heard about. Sadly none of the council members put up much of a fight against Scarlet Witch, who has never been treated as more than a B-level Avenger at best.

I know I said the fate of multiple universes "might" be in danger, but the stakes never seem to involve more

than the lives of the core cast of characters. And sorry, but these are not the most interesting characters in the MCU. Chavez is just a scared teenager, Christine a standard love interest, Scarlet Witch a glorified entitled brat. Even Strange himself has never been a favorite of mine, with a demeanor too similar to Iron Man's, though Cumberbatch and his unconvincing American accent can never match Robert Downey Jr.'s charm. Their lives don't mean much to me, is what I'm saying.

It all adds up to an absolutely typical MCU movie, save for some creative, sometimes shockingly violent touches from director Sam Raimi. But even he seems to be on autopilot at times, often revisiting familiar tropes like a Macguffin-y book, zombies, evil doppel-gangers, and a cameo by an actor he likes. Granted, it's a funny cameo, maybe the funniest part of the movie, but it's completely expected from Raimi. For a movie whose very title tells us to be prepared for anything, "Doctor Strange in the Mul-



tiverse of Madness" can never quite deliver the right amount of chaos.

Grade: C

"Doctor Strange in the Multiverse of Madness" Contact Bob Garver at rrg251@nyu.edu.

is rated PG-13 for intense sequences of violence and action, frightening images, and some language. Its running time is 126 minutes.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Potato Cupcake

By MARIE

When I hear "potato" as an ingredient in a recipe I am sure to look it over and then try it. Potato - it is one of my favorite things to cook with - they are so versatile - whether they are boiled, mashed, baked, roasted or fried, potatoes compliment every dish.

When I found this recipe, I knew that it would be enjoyed and a great addition to any dinner or gathering.

Pre-heat oven to 350 degrees; prepare a muffin tin by lightly greasing the individual cups.

Ingredients and Directions:

3 medium sized potatoes, shredded or grated (Yukon Gold - but use any potato that you prefer)

Salt and pepper to taste

1 piece of chicken breast (cooked and diced)

2 tablespoons oil (any kind)

Shred the potatoes with skin on or skin off - whatever you prefer.

In a slightly greased muffin tin add the shredded potatoes to each one by pressing the potato all around each tin, making sure to press the potato up to the sides of the tins too.

In a small skillet heat olive oil and then add cut-up chicken; add any seasoning that you want to flavor the chicken.

Let cool for a couple of minutes and individually fill each muffin tin with diced chicken.

On top of each filled tin, fix the remaining shredded potatoes and arrange almost like a frosting.

Bake at 375 degrees for 20 minutes or until least until tops are browned.

When you remove them from the tins, they look like a cupcake and are quite delicious.

Eggs Baked In Avocados

By SUZIE

It's usually a no-no to cook an avocado, since it is meant to be eaten raw and normally sliced in a salad or made into guacamole... but get ready for a heart healthy, fiber, protein, and healthy fat kind of breakfast!

This will keep you satisfied and not missing the bread. I like this with salsa and I also add a side of a fermented vegetable, such as kimchi or sauerkraut which are available in the refrigerated section at health stores.

RECIPE

2 ripe avocados

4 fresh eggs

Pepper

Sea salt to taste

1 tablespoon chopped chives, parsley, or any other herbs of choice

Directions:

Preheat the oven to 425 degrees.

Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.

Place the avocados in a small baking dish. Do your best to make sure they fit tightly.

Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.

Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set. Season to your liking. Enjoy!

— EGGS —
BAKED IN AVOCADO



ELEVATE YOUR rain barrel for easier access to the spigot for filling containers and to speed water flow with the help of gravity.
Photo courtesy MelindaMyers.com

Use Rain Barrels To Capture Rainwater

By MELINDA MYERS

Put rainwater to use in your landscape with the help of rain barrels. This centuries old technique allows you to capture rainfall to use for watering ornamental gardens and containers.

Always start with a call to your local municipality. Some have restrictions on water harvesting, but most encourage this practice and some even offer rebates or rain barrels at a discounted rate.

Purchase a rain barrel or make your own from a large, recycled food grade container. In either case, there are some features to consider when purchasing, creating, and adding a rain barrel to your landscape.

Make sure the top is covered to keep out bugs and debris. Some come equipped with a solid lid with an opening just big enough to accommodate the downspout. Others use a screen to keep out debris, while letting in the rain.

Don't worry about mosquitoes breeding inside your rain barrel. Just use an organic mosquito control like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) in rain barrels and other water features. Mosquito Bits quickly knock down the mosquito

larval population, while Mosquito Dunks provide 30 days of control. They are both safe for people, pets, fish, wildlife and beneficial insects.

Look for one with the spigot near the base of the barrel so water does not stagnate in the bottom. Use the spigot to fill watering cans or attach a hose for watering.

Include an overflow outlet near the top of the barrel to direct excess water away from the house or for connecting adjacent barrels. A downspout diverter is another way to manage rain barrel overflows. When the rain barrels are full, this device diverts the water back to the downspout where it is carried away from your home's foundation.

Elevate your rain barrel on cement blocks, decorative stands, or similar supports. This provides easier access to the spigot for filling containers and speeds water flow with the help of gravity. A water pump will boost water pressure for a nice steady flow of water.

Dress up your container with a bit of paint suited for outdoor use on plastic surfaces. And don't worry if you are not an artist, you can hide your rain barrels with some decorative screens or

plantings or upright shrubs, perennials or ornamental grasses. Just make sure you have easy access to the spout for retrieving water.

Start your conversion to rain barrels one downspout at a time. You can capture as much as 623 gallons of water from 1,000 square feet of roof in a one-inch rainfall. This can be a lot to manage when first adjusting to this change of habit. Disconnecting one downspout at a time allows you to successfully match the use of rain barrels and other rain harvesting techniques to your gardening style and schedule.

The choices are many, making it easy for you to conserve water and grow a beautiful landscape.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Summit for her expertise to write this article. Her website is www.MelindaMyers.com.

Six Quincy Students On Xaverian Brothers High School Third Quarter Honor Roll

Six students from Quincy are on the honor roll for the third marking period at Xaverian Brothers High School in Westwood. They are:

Nicholas Cerone, First Honors, Grade 10; Thomas Mantville, First Honors, Grade 10; Michael O'Callaghan, First Honors,

Grade 11; Kastriot Panariti, First Honors, Grade 11; James Burke, First Honors, Grade 12; and Aidan Fleming, First Honors, Grade 12.

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Social Security Matters Will Paying The IRS Quarterly Increase My Social Security?

By **RUSSELL GLOOR**
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I waited to sign up for Social Security until I turned 70 last month so I would qualify for the maximum benefit. I have been the pastor of a small church for the last 15 years and they didn't take out deductions, so I paid in quarterly at the advice of my accountant so I would have an amount built up when the time came for me to sign up for Social Security. I received my first SS payment in March for \$1,757 after Medicare was deducted. I have been told that once you turned 70 you get the maximum SS benefit, but my accountant thought that I can still pay in quarterly to boost that \$1,757. I don't want to pay in anymore if it's not going to increase my amount (other than cost of living increases), so what do I tell my accountant? He's waiting to hear from me before he completes my income tax return.

Signed: Inquisitive Pastor

Dear Inquisitive: By "pay in quarterly" I assume you mean that your earnings from the church are reported on IRS form 1099 and that you pay quarterly estimated income taxes to the IRS to avoid a penalty when you file your annual taxes. The primary reason to pay quarterly estimated taxes is to avoid an IRS penalty - paying your taxes quarterly doesn't matter to Social Security because they will use your annual income (regardless of when you pay the IRS) to see if your benefit should be increased. And whether your current income from the church will increase your Social Security benefit depends on your lifetime earnings history of paying into the Social Security program.

The Social Security benefit you're now receiving is based on your lifetime earnings history, specifically the 35 years over your lifetime in which you had the highest earnings (adjusted for inflation). Social Security always uses a 35 year window to compute your benefit amount, choosing the highest earning years from among all your earning years. If you have fewer than a full 35 years of earnings, they will add enough "zero" years to make it 35 to compute your benefit. What that means is that if you have fewer than 35 years of SS-covered earnings, your earnings now from the church will eliminate one of those "zero" earning years, which would result in a small increase to your Social Security benefit. However, if you already have at least 35 years of SS-covered earnings, then your current earnings will only increase your SS benefit if your recent earnings are more than any of those in the 35 inflation-adjusted years used to compute your age 70 benefit. Social Security will make that determination whether you pay quarterly estimated income taxes to the IRS or not, and they will automatically increase your monthly benefit if your current annual earnings from the church call for it.

How you pay the IRS won't factor into Social Security's determination, but not paying estimated taxes quarterly may affect your total income tax obligation for the tax year, which is what your accountant should be able to tell you. And if your tax return is filed as a self-employed taxpayer, you'll need to pay into Social Security via self-employment taxes, whether you pay the IRS quarterly or not.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

New Quincy Center Building Could Be OK'd Next Month

By **SCOTT JACKSON**

The Planning Board could approve plans to construct a mixed-use building with 215 apartments and more than 12,000 square feet of ground-floor retail space in Quincy Center at its June meeting.

LBC Boston is proposing to construct the building at 1562 and 1570 Hancock St., a 15,246-square-foot parcel of land within the Quincy Center zoning district. The parcel is home to several businesses and also includes a portion of the former city-owned Hancock Lot along Revere Road, known in city planning documents as R3.

LBC Boston initially pitched its proposal for the site to the Planning Board on March 9. The applicant was back before the board on May 11 for a continued public hearing. The board did not vote on the matter at last week's meeting because the Planning Department was in the process of drafting its recommendations, but the board could do so during its meeting on June 8.

A garage located on the ground floor of the building would have room for 65 parking spaces. Spaces within the nearby city-owned garage on the former Hancock Lot - already leased to LBC for the Nova Quincy project at 1500 Hancock St. - could be used for the new building at 1562 Hancock St.

At the May 11 meeting, David Snell, the project architect, said the columns within the garage of the proposed building had been reconfigured to allow better access to the parking spaces.

The proposal also includes a drop-off and pick-up area along General Dunford Drive near its intersection with Hancock Street. Alfons Koka, the applicant's engineer, said the drop-off and pick-up area had been lengthened to 30 feet to provide more space.

During the meeting on May 11, board member John Kelly asked if the developer would be hiring local labor for the project - a question he first raised at the March meeting.

"I'd just like to reiterate that the men and women of the city of Quincy would

love to work on this project to help tie in the R3 parcel," Kelly said.

Margarita Kvacheva, LBC Boston's chief executive officer, responded the company is still committed to doing so.

"On our previous project we used Local 103. They did our electrical job. They were fantastic," she said. "We don't know if they will be interested in this project or not. We'd love to get a bid from them and any other local groups that are interested to work with us."

Two residents spoke during the public hearing portion of the meeting.

Jeff Hynes, an Elm Street resident, said he was concerned about residents of new buildings in Quincy Center parking in residential neighborhoods such as his.

"There has to be something done to keep the people from creeping out into the neighborhoods with their cars," Hynes said, adding that the city needs to strictly enforce rodent control measures during development.

John Rodophele, a Grenwood Road resident, said he supported the project.

"I'm favor of this development, I wish the developer good luck, and I hope we can generate some tax revenue out of this," Rodophele said, adding that the land disposition agreement be-

tween the city and developer should be made available to the public.

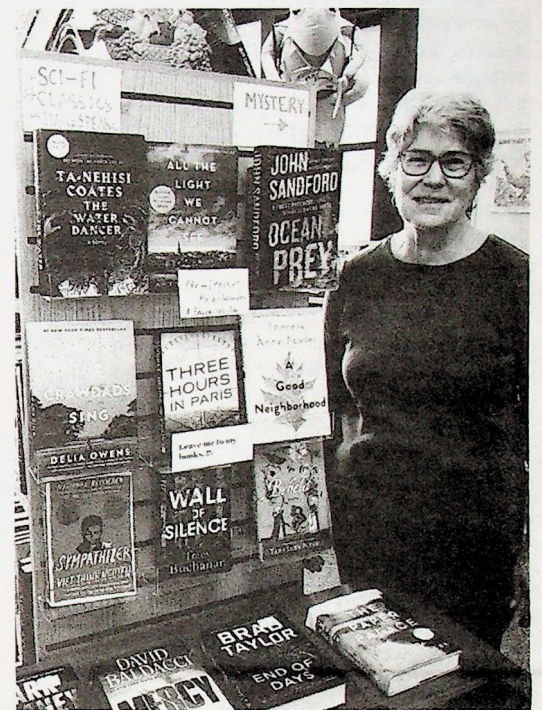
Following their comments, board members voted to close the public hearing on the matter.

In other business on May 11, the Planning Board approved the request of 108 Franklin Place LLC to construct a mixed-use building at 106-108 Franklin St.

A smoke shop is presently located in front of the property and a pair of houses are located in the rear. The lot contains 13,302 square feet of land and is zoned Business B.

The developer plans to tear down the existing structures on site and construct the new mixed-use building in its place. The build-

Cont'd On Page 14



FIVE-YEAR PRESIDENT of the Friends of the Crane Library, Catherine Lynde reviews the "New/Recent/Prize Winner" display of books at the Crane Library Bookstore. The shop offers bargain prices for gently-used books and media. Story on Page 36. Photo Courtesy Miriam Joseph



86th Annual Montclair May Festival



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On Sunday May 8, at approximately 7:05 p.m., Officer Minton and several other officers were dispatched to the area of 314 Water St. for a report of an individual who brandished a firearm. The reporting party/victim remained on the line with police call takers until officers arrived on scene to interview him.

The victim informed the call taker that the suspect vehicle was a white Ford transit van and provided a license plate number. He stated the van had a ladder attached to the left side of the roof and it was heading towards the intersection of Franklin Street and Water Street. Officers began to canvass the area while Officer Minton obtained more information from the victim.

The victim told Officer Minton that he was stopped at a red light at the intersection of Copeland Street and Granite Street behind the white van. The light turned green but the van did not move. This resulted in the victim beeping to inform the operator of the light change. Once he did this, the operator of the white van looked up at the light then remained stopped at the light causing a traffic jam.

The victim stated that he was in a rush to get to work so he attempted to pass the van. The operator of the van then swerved his vehicle to the left side blocking him in. The victim stated the lights cycled again and the van eventually proceeded eastbound towards Water Street. The victim was now stopped at the red light at the intersection of Water Street and Pleasant Street. At this intersection, the operator of the van/suspect stopped in traffic. This prompted the victim to beep his horn again. The suspect threw two nip sized bottles of alcohol out the window.

The suspect then leaned out of the vehicle window with a small black firearm in his right hand and pointed the barrel directly at the victim. The victim estimated that he was approximately 15 feet from the suspect and was in fear for his life. The victim stated that he immediately called the police out of fear for his safety and put his phone out the window to show the operator that he was calling 911 in hopes that

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer
Quincy Police Department

the suspect would flee. The victim stated that the operator observed his cell phone out the window and immediately fled eastbound on Water Street then southbound on Franklin Street. The victim described the operator was a white male, approximately 20-25 years old, wearing a light gray hooded sweatshirt with the hood up.

While officers were canvassing the area, Officer Minton conducted a query of the suspect vehicle. He learned that the registered owner was a male in his 60s who lived in Weymouth. Further investigation revealed that the registered owner had a 24-year-old son (the suspect). A search of the suspect's criminal history displayed that he currently has an open case out of Quincy District Court for Assault by means of a dangerous weapon (Firearm) from earlier this year. A BOLO (Be On The Lookout) was put out to surrounding towns.

At approximately 7:30 p.m., Weymouth Police informed Quincy Police dispatch that they had located the vehicle with three individuals sitting outside of it. Officer Minton proceeded to Weymouth to interview the individuals on scene. Upon arrival, he was met by Weymouth Officers Egan and Malvesti who had located the vehicle with the suspect and two females sitting next to it. After speaking to the officers, Officer Minton spoke to the suspect who was wearing a light gray sweatshirt with the hood up. The suspect denied being involved in a road rage incident in Quincy.

Officer Minton explained the allegations made by the victim. While speaking to the suspect, Officer Minton noticed that the suspect had a "nip" sticking out of his pocket. Officer Minton then spoke to both of the females. One fe-

male admitted to seeing what she believed to be a small, black, firearm in the left side of the suspect's waist band, just prior to entering the vehicle.

Based on the fact that the suspect matched the victim's description, possessed nip bottles on his person, admitted to driving the suspect vehicle within the timeframe, and the female's admission that she observed a firearm, Officer Minton informed him that he was being placed under arrest for assault with a dangerous weapon (firearm). A search of the suspect did not reveal the firearm.

Officer Minton, with the assistance of Weymouth Police Officers Egan and Malvesti, searched the vehicle for the firearm. Officer Egan ultimately located a small dark gray revolver with a black handle wedged behind the driver's seat. Officer Egan retrieved the item with a gloved hand and rendered it safe. It should be noted that the only way to retrieve the firearm from this location while driving would be to reach around the seat with your right hand.

Due to the fact that the van was filled with various tools, clothes, and trash, Officer Cooper and his dual purpose/EOD K9 partner Xido conducted a more thorough search which yielded negative results. After retrieving the firearm, Officer Minton proceeded back to the cruiser and demanded to see the suspect's license to carry a firearm. Officer Egan radioed to Weymouth Dispatch and requested the suspect's current LTC and FID status. Weymouth Police informed him that the suspect does not currently have an LTC or FID.

The 24-year-old from Quincy was arrested and transported to the Quincy Police Station. Upon closer inspection at the Quincy Police station, detectives would determine that the revolver did not have all inside components necessary to fire. The inside of the revolver had been modified, preventing it from discharging a bullet. Therefore, based on Massachusetts law, the item cannot be classified as a firearm.

The suspect was charged with assault with a dangerous weapon.

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, MAY 6

LARCENY (Dell package), 8:48 a.m., Merrymount Avenue. Has delivery information, from yesterday. Has camera footage to show no delivery at time it states on confirm. Package delivered to wrong address. Reporting party wanted incident documented and was provided case number.

BREAKING AND ENTERING/PAST, 4:17 p.m., Elliot Avenue. Occurred around 3 p.m. Reporting party believes the suspect is the latest tenant. States house is a mess and money and clothes were stolen. Reporting party called back stated credit cards were also stolen that she forgot to tell the officer. Report to be filed.

LARCENY (FedEx package), 5:59 p.m., Centre Street. Building 6. Caller states FedEx package containing iPhone was taken. Caller has information and would like to speak to an officer. Called back. Package returned. Neighbor took package by accident.

VANDALISM/PROPERTY (keyed car), 9:31 p.m., Willard Street. Caller in QPD lobby. Caller states his car was keyed at his building. Caller has suspect information and would like to speak to an officer. Report to be filed.

SATURDAY, MAY 7

VANDALISM/PROPERTY (graffiti), 10:27 a.m., Coddington Street. Back side of school auto shop, next to stairs. ACU3 notified.

VANDALISM/PROPERTY (truck damaged), 10:58 a.m., Sea Street. Tires were slashed overnight, right side all keyed on gray GMC truck 1500. Parked in the back row.

LARCENY/MOTOR VEHICLE (possible), 4:19 p.m., Willard Street. Reporting party states that a vehicle that is rented through Home Depot has not been returned and manager requests to speak with an officer. Stolen vehicle entered - record entered. Boston PD was getting Lo-Jack hit for vehicle at 10:20 p.m. in the Granite Street/Gallivan Boulevard area of Dorchester. Information was given over BAPERN central.

LARCENY (bike), 9 p.m., Hancock Street. Black bicycle, party went outside to get food when he came out it was gone. Report to be filed.

ASSAULT AND BATTERY (several boys), 10:49 p.m., Moon Island Road. Reporting party states she was picking her son up and he was jumped by other boys. Other boys ran to "The Rock." Mother will be on Shoreham Street in a Jeep. Report filed.

SUNDAY, MAY 8

VANDALISM/PROPERTY (car), 10:17 a.m., Centre Street. Car keyed, no suspect info. Case number given.

VANDALISM/PROPERTY (Jeep), 11:53 a.m., West Squantum Street. Caller will wave down officer. An empty

Mountain Dew bottle by the windshield, and an orange cone on roof. Advised. Case number provided.

BREAKING AND ENTERING/ATTEMPT (residence), 5:36 p.m., Clay Street. Flagged down by resident. Report to be filed.

MONDAY, MAY 9

LARCENY (passport taken), 8:21 a.m., Hancock Street. Taken from jacket in the grassy area. Unknown party was close to him. Items in pocket went missing. Green card, birth certificate, passport. Male in QPD lobby now. Report.

LARCENY (check), 2:59 p.m., Garfield Street. See caller in the police lobby. Report to be filed.

LARCENY (computer), 5:44 p.m., Safford Street. Caller said he got notice that the package was delivered and when he returned home, the package wasn't there. NIBRS to be filed.

TUESDAY, MAY 10

BREAKING AND ENTERING/ATTEMPT (past), 10:38 a.m., Clay Street. See caller in the police lobby. Report.

VANDALISM/PROPERTY (black Dodge Charger sedan), 12:06 p.m., School Street. Glass on driver's side door is cut/gouged on car in the HP spot. Male is waiting by the back door at the lot. Report to be filed.

ASSAULT AND BATTERY (past), 12:50 p.m., Coddington Street. QPD lobby. Report to be filed. School Resource Officer Burgio to follow-up.

LARCENY/MOTOR VEHICLE (car stolen), Water Street. Male in the QPD lobby now. Between 4 and 5 a.m. missing. Male has details.

BREAKING AND ENTERING/PAST (front door), 1:20 p.m., Edgewater Drive. Male/father in the QPD lobby now. Suspect is son, who does not live there. Suspect got code to door, entered, took the prescription drugs. Happened last week. Report filed.

ASSAULT AND BATTERY (larceny of bike), 7:08 p.m., Yardarm Lane. Caller's 12-year-old son was outside and the neighborhood kids stolen his bike and choked him. Child got his bike back but it's damaged. The other youths fled the area. Report to be filed.

WEDNESDAY, MAY 11

VANDALISM/PROPERTY (slashed tires), 5:27 a.m., Blackwell Street. Party was advised and given a case number for a report. Officer to file.

LARCENY (employee), 11:40 a.m., Falls Boulevard. See loss prevention. Report.

LARCENY/MOTOR VEHICLE (white Outback), 11:45 a.m., Hancock Street. Cancelled by reporting party. Found motor vehicle.

VANDALISM/PROPERTY (keyed vehicle), 12:35

p.m., Farrington Street and West Squantum Street. Reporting party parked on Farrington. Has suspect info. Report filed.

VANDALISM/PROPERTY (property egged), 5:52 p.m., Roberts Street. House and car were egged by youths in the area. Suspect left phone behind. Suspects are youths are in the area. Report to be filed.

THURSDAY, MAY 12

LARCENY (phone), 1:10 p.m., Blackwell Street. No one in the area. Party did not answer multiple calls back.

LARCENY (phone), 3:27 p.m., Granite Street. Waiting in green Ford Explorer. Daughter's phone stolen at school today. Mapping at address. Report to be filed.

VANDALISM/PROPERTY (fence), 5:31 p.m., Main Street. Reporting party states someone has broken privacy fence. Reporting party requests to speak with officer regarding targeted vandalism.

VANDALISM/PROPERTY (beer bottle), 7:40 p.m., Main Street. Reporting party states he had an argument with his friend and he threw a beer bottle at his truck. Wants to talk to an officer. Will be in a black F150. Report to be filed.

Total Calls For Service: 1,097

Breaking & Entering in the Past: Bates Avenue, Edgewater Drive, Elliot Avenue

Breaking & Entering Motor Vehicle: School Street (2), West Howard Street (2), Herbert Road, Small Street, Farrington Street

Breaking & Entering Attempt: Clay Street

Larceny MV: Hancock Street, Willard Street

Entries in the Quincy Police Crime Awareness Journal are compiled and submitted by the Quincy Police Department. The following are included in the journal:

Assault and battery, breaking and entering/progress, breaking and entering/attempted, larceny over/under, attempted larceny, larceny motor vehicle, armed robbery, attempted rape, vandalism private property and indecent exposure

The journal is published by *The Quincy Sun* as a public service to make local residents more aware of crime activity in their neighborhood.

Readers and the public are also welcome to view the Press Journal that is published (on Tuesday) of every week on the Quincy Police website: https://www.quincyma.gov/departments/police/resources/press_journal.php#outer-88

Green Beret Memorial Day Speaker May 30

Cont'd From Page 1

laston Cemetery. The observance starts immediately following the Memorial Day parade, which begins at 10:30 a.m. at Quincy Credit Union, 100 Quincy Ave., and makes its way through Quincy Center to the cemetery.

Chief Warrant Officer 2 Nick Lavery will be the guest speaker for the ceremony. Born and raised in Massachusetts, he is an active-duty member of the Army Special Forces, commonly known as the Green Berets. The Special Forces perform critical missions including direct action, counter insurgency, foreign internal defense, special reconnaissance, and unconventional warfare.

In 2013, during Lavery's second combat rotation to Afghanistan, he and his detachment fell victim to an insider attack that ultimately resulted in the loss of Lavery's leg. Following a year of surgeries and initial recovery including the use of a prosthetic at Water Reed National Medical Military Center, he returned to his unit. Refusing a medical retirement, Lavery set his sights on returning to operational status.

In 2015, at the conclusion of a challenging, comprehensive assessment designed to evaluate his abilities to operate, Lavery returned to his detachment and was subsequently deployed again to Afghanistan conducting full-spectrum combat operations. Lavery is considered the first Special Forces operator to return to combat as an above-the-knee amputee.

Lavery currently serves as a Special Forces warrant officer and assistant detachment commander and is widely recognized as an expert in special operations, intelligence fusion, and mis-

sion planning and execution across all operational continuums. He is also the first amputee in military history to complete the Special Forces Warrant Officer Technical and Tactical Certification course, the Special Operations Combatives Program Instructor course, and the Combat Diver Qualification course.

Lavery is the recipient of the Silver Star, three Purple Hearts, two Bronze Stars, and a Bronze Star with "V" for valor, among commendations. A warrior, athlete, student and author, most importantly he is a husband and father of two young boys.

Other scheduled speakers for the Memorial Day observance include Veterans' Services Director Christine Cugini, Quincy Veterans Council Commander Daniel Tinney, Mayor Thomas Koch and City Council President Noel DiBona. The Rev. John Swanson will deliver the invocation and benediction.

Ally Sleiman, the city's emergency management director and junior vice commander of the QVC, will read Gen. John Logan's 1868 Decoration Day proclamation.

Steve Dunlea, vice commander of the QVC, will read the Gettysburg Address.

Guy Ferris of the Sons of the American Legion will read the poem "In Flanders Field."

Tinney and George Bouchard, the city's graves registration officer, will read the roll call of deceased veterans from local veterans' organizations.

Participating in the parade this year are the Quincy Police and Fire Departments honor guards; the Quincy Veterans Council color guard, the Windjammers drum squad, local



AFTER BEING CANCELLED the last two years due to the COVID-19 pandemic, the City of Quincy's Memorial Day Parade will return on Memorial Day, Monday, May 30. The parade begins at 10:30 a.m. at Quincy Credit Union, 100 Quincy Ave., proceeds through Quincy Center and ends at Mount Wollaston Cemetery for the annual Memorial Day observance. Shown here is the Quincy Police Honor Guard leading the parade down Coddington Street towards the cemetery on Memorial Day 2019.

Quincy Sun Photo/Robert Bosworth

veterans' organizations, the 215th Army Band, US Coast Guard honor guard, USS Constitution honor guard, Gold Star families, Sea Cadets Squadron Zulu, North Quincy Air Force Junior ROTC, Boy Scouts and Girl Scouts, Quincy Fire Department vehicles, Brewster Ambulance vehicles, and the Quincy-North Quincy High School band.

In the event of inclement weather, the observance will take place at the auditorium at Quincy High School, 100 Coddington St., at 11 a.m. on Memorial Day.

Call 617-376-1194 for more information.



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Real Estate

Quincy Real Estate Transactions May 9 - May 13

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
South Shore Development LLC	David C. Kabilian	\$1,229,000.00	7 Patriot Lane
Michael P. Devin	Tatsiana Zhalnirkevich	\$672,500.00	18 Cliveden Street Unit 503W
Rita E. Peterson	Paul Disangro & Ethel Earle	\$310,000.00	67 Elm Avenue
Johnny T., Jackson T. & Thai S. Chia & Luqi Luo	Sagar Das	\$410,000.00	24 South Street Unit 302
Quincy Franklin LLC	Presidential City LLC	\$2,800,000.00	14 Franklin Street
Xiaohong Zhang & Yi H. Cai	Da Zeng	\$680,000.00	146 Billings Street
Quincy Shore Realty Trust	Hung Nguyen & Hue Tran	\$630,000.00	519 Quincy Shore Drive
Robert J. Mattie	Matthew H. Coleman & Anne E. Schneidman	\$2,250,000.00	101 Bellevue Road
Roger G. Swenson	Xiu Lin	\$438,000.00	200 Falls Boulevard Unit C-105
Karl & Eunice Woo	Qiang & Michelle Li & Shifang Zeng	\$700,000.00	264 North Central Avenue
South Shore Bank	Anton Filikov	\$340,000.00	66 Charles Street
Nguyen X. Lai	Andru M. Flores	\$679,000.00	68 Winthrop Street
Christopher Desmond	PT Investments	\$630,000.00	315 Billings Road
Deng Y. Zhen-Li	Christopher Ha	\$600,000.00	500 Hancock Street
Tammy A. Carson	Caleb & Bin Yang	\$245,000.00	133 Cmdr. Shea Blvd. Unit 209

Real Estate Sale Prices Continue To Surge In Norfolk County

Norfolk County Registrar of Deeds William P. O'Donnell reports that the April numbers relative to Norfolk County show a continuing decrease in real estate activity compared to April 2021 and even compared to the March 2022 numbers.

"Our data indicates that

the Norfolk County real estate numbers in April indicate a continued slowdown in the market compared to 2021 and, except for a slight increase in sales, when compared to the overall numbers from last month," O'Donnell said "There were 11,179 documents recorded at the Norfolk County Reg-

istry of Deeds in April, a 37% decrease from April, 2021 and a decrease of 10% from March of 2022.

"The number of deeds for April 2022, which reflect real estate sales and transfers both commercial and residential, decreased by 16% from April, 2021 but did increase by 3% from

March. However, sale prices continue to surge. The average sale price in April was \$1,534,065, a 32% increase compared to April 2021. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 11% and surprisingly are up 41% from last month,"

O'Donnell noted.

Overall lending activity show a continued trend downward for the month of April. A total of 2,210 mortgages were recorded during the month, a significant decrease of 48% compared to a year ago and down 8% from last month.

"It appears that interest rate increases and the fact that many consumers have already refinanced may be impacting the numbers," O'Donnell said

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During April, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, two less than in April, 2021 and one less than in March.

However, there were 22 Notices to Foreclose, the first step in the foreclosure process, recorded in April, up significantly from 4 recorded in April 2021, and up from 11 recorded last month.

"The dramatic increase in the number of these notices is alarming. It indicates that more of our neighbors are

facing financial challenges going forward," O'Donnell said. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage," O'Donnell said, "please consider contacting one of these non-profit agencies for help and guidance."

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 13% decrease in homestead recordings in April 2022 compared to April 2021 but a slight increase from last month. "The comparison from last April is not too surprising where the sales of homes have started to level off,

Cont'd On Page 15

Ask Barbara Graceffa: 'Secretary Of The Interior' Palm Beach Style: Cheery And Chic

The décor in my oceanfront home looks tired. I've had a beachy theme with pale blue colors for a very long time but I'm tired of seashells and starfish. Can you offer some other ideas for a fun coastal look? JoJo

How about a tropical air with Palm Beach style?

You don't need a prestigious address, socialite neighbors, or a Rolls Royce in the driveway in America's first resort destination for the wealthy to pull off this beautiful coastal style.

With influences from British Colonial, Modern Baroque, Hollywood Regency, and even Moorish and Asian décor, Palm Beach style blends many of these elements. Whether preppy and playful or lavish and sophisticated, the look is always cheery and chic.

The cavalcade of colors contributes to the joyful vibe. Start your transformation with the walls; choose a stark white paint to make the accent colors pop, or go for grasscloth or banana leaf wallpaper on one wall, or white latticework over a green wall to bring the outdoors in. Then choose the perky signature colors of pink grapefruit, emerald or lime green, aqua blue, and sunny yellow. White lacquered, wicker, or rattan furniture suits the style perfectly as

do gold accents, glistening chandeliers, natural grass rugs, and indoor trees and plants. Choose linen, floral (think palm leaf!), lattice or large-scale gingham fabrics for window treatments, upholstered furniture, or pillows. Incorporate white ceramic lamps and statuettes of dogs or birds to complete the look. A bamboo or shell-framed mirror and a flamingo art print are de rigueur, too.

So ladies, don your Lilly Pulitzer shift dress and flat sandals, and gentleman put on your navy polo shirt, khakis, and loafers (no socks, of course!) and head to the home goods store with a copy of this column and start shopping!

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her services, workshops and quilt shows at www.sec-interior.com, read her blog at secretary-interiordecorating.blog and enjoy her art quilts on Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.

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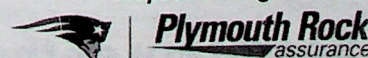
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Quincy College Expands Partnership With JVS

Quincy College and Jewish Vocational Services (JVS), a Boston-based provider of adult education and workforce development services, have expanded their existing partnership with a new program to educate and train students for careers as Certified Nursing Assistants (CNAs), representing the latest collaboration in an evolving relationship focusing on customized workforce training and job opportunities for individuals from diverse communities throughout Greater Boston.

Late last month, the College welcomed the first of several cohorts of students from JVS to its Quincy campus for three-week CNA classes. Following successful completion of classroom education and clinical rotations at regional BaneCare skilled nursing facilities, the students will receive certificates of program comple-

tion and be eligible to take the state CNA certification examination. Upon passing the exam, they will enter a field where job opportunities are plentiful.

"We're so pleased to continue — and advance — our partnership with JVS by expanding into course offerings in the allied health field," said Dr. Richard DeCristofaro, President of Quincy College. "For several years we've welcomed JVS clients into our Biotechnology and Good Manufacturing Practices program for education, training and successful job placement; JVS clients now have an option to follow additional Quincy College pathways to higher education and fulfilling professional careers."

The Quincy College—JVS partnership will grow dramatically later this year when the two organizations will launch an institute of

life sciences, an additional College instructional location in downtown Boston featuring comprehensive education and training for JVS clients seeking careers in biotechnology, phlebotomy, central sterile processing, substance abuse addiction counseling, medical billing and coding, and as medical assistants.

"Our continuing collaboration with Quincy College is invaluable for our clients," said Kira Khazatsky, JVS's Chief Operating Officer. "As we look to the future, the ability to partner more closely with the College on exciting new educational and workforce development initiatives in healthcare will translate into so many more opportunities for them."

JVS was founded in 1938 to assist thousands of immigrants then coming to the United States after the

Great Depression. Today, its diverse clientele includes individuals from 90 nations who speak 50 languages and live in nearly 100 com-

munities in and around Boston. JVS's mission is to "empower individuals from diverse communities to find employment and build ca-

reers, while partnering with employers to hire, develop, and retain productive workforces."



A NEW Quincy College program is educating and training clients from Boston-based Jewish Vocational Services (JVS) for employment as Certified Nursing Assistants. The college and JVS are expanding their partnership to offer clients opportunities to pursue additional career opportunities in a number of allied health fields.

Courtesy Photo

House Asian Caucus Kicks Off #ShopAAPI Month Challenge

The Massachusetts House Asian Caucus announces they are challenging their colleagues and their communities to shop at local Asian and Asian American-owned businesses this month as part of Asian American Pacific Islander Heritage Month.

The challenge originated last May as Massachusetts began to open back up after local businesses were hit hard due to covid restrictions. The AAPI businesses were among those hardest hit as they saw a decrease in patronage due to xenophobic and racist misinformation surrounding COVID-19 before any government shutdowns mandated closures.

The AAPI community has suffered an increase in anti-Asian racism and violence over the course of the last two years. As a way to boost morale and reinvigorate the economy, the caucus is working to engage communities with their local Asian businesses. As part of the challenge, people can share photos of a local business they visited using the hashtag #ShopAAPI-Month. The caucus is also encouraging people to tag them directly on twitter @asiancaucusma as they will be retweeting participants all month long.

"AAPI businesses are as diverse as the community itself, ranging from retail to healthcare, and they are continuing to feel the impacts of the COVID-19 pandemic," said Rep. Tackey Chan (D-Quincy). "We can all do our part by patronizing and promoting the AAPI businesses

that serve as a large part of the backbone of our local economies."

"The House of Representatives is proud to join in celebrating the contributions and influence of the Asian American and Pacific Islander (AAPI) community," said Speaker of the House Ronald Mariano. "As part of our effort to emerge from the pandemic as a united front, I encourage all residents of the Commonwealth to join us in showing support for the AAPI community by visiting your local AAPI-owned businesses."

"Every negative remark our AAPI friends and neighbors have had to endure in recent years has to be

drowned out by countless more acts of kindness," said Sen. John Keenan. "Being part of a caring community means we rally behind those among us who need support. I will be supporting our local AAPI businesses this AAPI Heritage Month and I urge everyone else to do the same."

"I encourage my colleagues and neighbors to join in on the #ShopAAPI-Month initiative," said Rep. Bruce Ayers. "Not only is it important to stand in solidarity with the Asian community after the rise of harassment they've endured these past couple of years, but by shopping at local businesses it will reinvigorate our local economy."

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Q Pride Day Festival June 5

The Q Pride Day Festival will be held Sunday, June 5th from noon to 5 p.m. at at Pageant Field.

The festival offers a family-friendly all-inclusive Pride celebration. This year's celebration, themed "Love Will Keep Us Together," amplifies the organization's mission to promote and strengthen relationships built in the community with the City of Quincy, local businesses, and other non-profits.

Now in its fifth year, Quincy Pride is an all-volunteer 501c3 non-profit or-

ganization whose mission is to promote acceptance, diversity, inclusion, and respect through advocacy and community engagement for LGBTQIA+ persons of all ethnicities.

Quincy Pride would also like to thank the sponsors this year. A special thanks to Arbella Insurance, Aspire, Bogan Tree, Blue Cross Blue Shield, City of Quincy, DCU Bank, Envision Bank, Fifth Generation Inc., Foxrocks, Manet Health, Quincy Chamber, Quincy Credit Union, South Shore Bank, Studio M Barbershop,

Eastern Bank, Deloitte, and to Premier Sponsors: Quirk Motors, the Boston Foundation, Harbor Health, Stop and Shop, and the Stone Family Foundation.

Quincy Pride has volunteer openings if you are interested in assisting. Go to Quincy Pride website and click on "About/Volunteer" to find out how you could get involved.

For information on programming and related LGBTQIA+ events, connect with us on: Facebook, com/QPrideDay or www.quincypride.com.

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26 Quincy Residents Among 170 ENC Graduates

Twenty-six students from Quincy were among the 170 graduates receiving degrees at the recent Eastern Nazarene College commencement.

Local residents receiving degrees were:

Courtney Jordan Barba, Master of Science; Sharon Biondi Vaccariello, Master of Science; Leonardo Burgos, Bachelor of Science; Jessica Nicole Caldwell, Bachelor Arts; Ivis Orizza Chinchilla, Bachelor of Arts; Kimmy Coreas, Bachelor of Arts; Emily Grace Crosta, Bachelor of Arts; Moesha Christy Daniel, Master of Science; Stella Mary Dulay, Master of Science; Zakaria Gourrane, Bachelor of Science; Kristen Hathaway, Associate of Arts; Nathan Charles Kindt, Bachelor of Arts; Georgina Alejandra Lozano Rodriguez, Master of Science; Mallory McKinnon, Mas-

ter of Education; Joseph Denis Merrigan, Bachelor of Science; Limayri Ruby Moreta Arias, Bachelor of Science; Lester Dave Le-razan Paguio, Bachelor of Science; Dayna Parmar, Bachelor of Science; Alyson Marie Ryan, Associate of Arts; Courtney Jo Smith, Master of Science; Deanna Marie Soricelli, Master of Education; Molly Kathleen Stanton, Master of Science; Kayla P. Themmen-Adams, Master of Education; Jiajin Evelyn Tian, Master of Education; and Jacob William Waldroop, Master of Science.

Additionally, the two winners of the Outstanding Senior Awards for Traditional Undergraduate Division were Ruth Ester Aguilar Campos and Jaben King Beiler.

The two winners for the Outstanding Student Awards for Adult and Graduate Stud-



EASTERN NAZARENE COLLEGE recently conferred degrees upon 170 graduates. This year's graduation class included 26 Quincy residents.

Photos Courtesy ENC

ies Division were Nadiya Krul Andrade (graduate student) and Katie Diepkhanh Nguyen (undergraduate student). The faculty member that received Emeritus

Faculty recognition was Dr. Bradford Thorne (Director Emeritus of The Brickley Center of Eastern Nazarene College).



ENC PRESIDENT Jack Connell congratulates outstanding senior Ruth Aguilar at the college's commencement May 7.

Neighbors Pan Proposed Newcomb Street Condos

Cont'd From Page 3
to the garage on the ground floor. Both driveways would

be one-way only, one leading in and the other leading out.

Tim Johnson, the project architect, said the proposed building would include 20 two-bedroom units and four three-bedroom units, for a total of 52 bedrooms. Each unit would have its own balcony, he said, and the units on the top floor would have access to individual roof decks.

The building would have an elevator, which Johnson said would require the installation of a phase three electrical service.

"We will be using that to electrify the entire building for heating, cooling and cooking," he added.

The plan includes a drop-

off and pick-up area in front of the building, which is where trucks would pull in to remove trash and recycling. Drivers of trash trucks and delivery vehicles would have to pull into the driveway and then back into the drop-off and pick-up area to park there.

Several board members expressed concern about the drop-off and pick-up area. Kimberly Bielan was concerned about delivery vehicles hitting a second floor balcony, P.J. Foley said trucks would end up blocking access to the driveway, and Gregory Galvin said trash trucks would wind up

parking on Newcomb Street rather than pulling into the designated area.

Richard Meade, the board's chairperson, asked Heyer to identify the variances her client would need to construct the building as proposed. Heyer said the project would require "fairly substantial" zoning relief. The city's zoning code sets a minimum lot area of 42,000 square feet for multifamily developments in Business C zoning districts, she said, and relief would likely be needed for floor-area ratio and open space as well. (Johnson later said the only relief needed would be for parking.)

In addition, Meade asked Heyer if the project would require approval from the Conservation Commission. She responded that it did.

Meade said he could not support the project as proposed.

"I think the building is too big for the site. The circulation is a nightmare," he said. "You've got to go an awful long way to get my support on this thing. It's just ridiculously tight."

Board member Larry Liuzzo said he agreed with Meade's comments.

"I think this is much too large for the lot," he said. "It totally dwarfs the neighboring homes and buildings."

Two residents wrote letters to the board voicing their opposition to the proposal, and five residents spoke against it during the hearing.

Stephen Holochuck, a Francis Avenue resident, said that while the neighborhood is zoned Business C, it is largely comprised of one- and two-family homes.

"Once again, Mr. Niosi is trying to jam a huge monstrosity into a limited space that it is totally inappropriate for," Holochuck said. "This proposal is a mess and shouldn't be approved."

Tom Stansbury, a resident of Newcomb Street, said he was opposed to the current proposal but would support something that would better fit in with the surrounding neighborhood.

"We're in opposition to it. We tried before a few years ago to get it downsized so that it would fit into the neighborhood, and that's all we're asking," Stansbury said. "We don't want them not to have a building or

Cont'd On Page 18

77th Anniversary

PFC William R. Caddy
United States Marine Corps Reserve



Killed in action against Japanese forces during the seizure of Iwo Jima, the volcanic island, in World War II.

Awarded the
Congressional Medal of Honor
Posthumously - March 3, 1945

Remembered by the members of the
William R. Caddy Detachment
of the Marine Corps League

Annual Caddy Day Ceremony
Sunday, June 5, 2022 @ 11:00 AM

Held at Caddy Memorial Park
on Quincy Shore Drive
at Wollaston Beach

Performing our National Anthem
and patriotic songs - Dan Clark

William R. Caddy Detachment #124
111 Newbury Avenue
No. Quincy, MA 02171
Tel. 617-479-3505

Planning Board

Cont'd From Page 9

ing will include two retail spaces along Franklin Street in a single-story portion of the building and a three-story section in the rear. The ground floor of the rear section will include a parking garage and a total of six residential units will be located on the two floors above.

Brian Donahue, the project architect, said all the of the units - commercial and residential - would be sold

as condominiums. There are no buyers for the commercial spaces as of yet, he added.

A total of 15 parking spaces are included in the proposal. Nine of those spaces will be assigned to the residential units, Donahue said, and the other six will be assigned to the commercial units for employees.

The project at 106-108 Franklin St. still requires approval from the Zoning Board of Appeals.

Activity Sluggish But Real Estate Sale Prices Continue To Surge In Norfolk County

Cont'd From Page 12

but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell said.

"We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection," the register added.

O'Donnell concluded:

"April real estate activity in Norfolk County continues to show a decline from last year. We still see the increase in sale prices as indicating a lack of available real estate inventory which for buyers, particularly first time buyers, suggests a disadvantage.

"The Registry of Deeds continues to be open to the public for business. Registry personnel are processing in-person recordings as well as electronically filed recordings. The drop-off box lo-

cated at the main entrance of the Registry building will continue to be available for use by those members of the public who may not be comfortable entering the Registry of Deeds building.

"The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and from the outside drop-off box at 649 High St., Dedham, MA."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.



NEIGHBORWORKS HOUSING Solutions gratefully welcomed staff members from Envision Bank who recently put their reorganizing skills to work at the NHS Winter Street housing site in Quincy. Front row (left to right) - Nancy Galvin of Braintree and Brittany Spinney of Bridgewater. Back row: Alfred Mariano of Abington; Richard Olson of Dorchester; Matthew McGrail of Framingham; Matthew Downing of Hanover; and John McCabe of Weymouth. *Courtesy Photo*

Envision Bank Staff Members Volunteer At NeighborWorks Housing Solutions Site

NeighborWorks Housing Solutions gratefully welcomed staff members from Envision Bank who recently put their reorganizing skills to work at the NHS Winter Street housing site in Quincy.

"We were delighted to come out and volunteer with NHS," said Richard Olson, SVP of Retail Banking at Envision Bank. "All of us at Envision Bank are proud to help our neighbors."

The six volunteers from Envision Bank joined NHS and spent the day sorting donations, setting up a new pantry, and reorganizing the library in the common area of the Winter Street build-

ing. The library had been closed to residents during the pandemic, and only recently reopened. The volunteers carefully sorted the books, removing the significantly damaged ones and replacing them with new and gently used books that had been donated by the Envision team and community.

The volunteers also helped put together shelving that will serve as the building's community pantry. Volunteers unloaded and stored nonperishable food that had been recently donated from the Germantown Neighborhood Center. In the future this pantry will also store donations of diapers, feminine hygiene sup-

plies, school supplies, socks and other items tenants need and often have trouble accessing regularly.

"It was great working with the Envision Bank volunteers," said Indira Pereira, property manager at Maloney Properties, which oversees the Winter Street building. "The volunteers did such a great job with the library and pantry. This means so much to the families that live here. I cannot thank Envision enough for their help."

NeighborWorks Housing Solutions is the leading housing service provider in southern Massachusetts. NHS has more than 70 years of combined experience in

the community development field and provides services to more than 20,000 households in over 75 cities and towns across the region. In addition to building and managing nearly 900 units of housing for veterans, homeless families and others in need, the agency offers a wide range of housing services, including foreclosure prevention counseling, home rehabilitation loans and grants, financial coaching and first-time homebuyer workshops. For more information, contact Serenity Belo, Resource Development Director, at 617-770-2227 x123 or sbelo@nhsma.org, or visit: www.nhsma.org.

More Quincy news:

The Quincy Sun.com

Lasell University Students Present At Symposium

Lasell's Connected Learning Symposium celebrated its 20th year of student scholarship and research with original presentations from more than 200 participants.

Tran Quoc Huy Le of Quincy had artwork featured in Lasell's Wedeman Gallery, which highlights

the best drawings, paintings, prints, and 3D pieces created in Lasell's fine arts courses at Symposium. The presentation incorporated the NACE competencies of professionalism, equity and inclusion, and career and self-development.

Xhoana Cuni of Quincy presented the latest issue

of Tarnished Magazine, a student publication that is devoted to building creative community, expanding opportunities for practical/educational experiences in the graphic arts, and offering a venue for student work. Tarnished is dedicated to discovering beauty through the arts in unexpected places.

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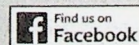
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Public Access Channel 8

Thursday, May 19
6:00pm: Bethany Congregational Church
7:00pm: South Shore Elder Services

Friday, May 20
11:00am: LIVE: Quincy College Commencement
8:00pm: Irish Whip Commencement

Saturday, May 21
11:00am: Alive & Kickin'
12:00pm: Quincy College Commencement

Sunday, May 22
11:30am: Good News
1:00pm: The Call

Monday, May 23
11:30am: AM Quincy: Quincy Asian Resources
8:00pm: AM Quincy: Maria Droste Counseling

Tuesday, May 24
12:00pm: AM Quincy: Quincy Bay Race Week
10:00pm: Irish Whip Podcast

Wednesday, May 25
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, May 19
4:00pm: Board of License Commissioners 5/17
4:30pm: Zoning Board of Appeals 5/10

Friday, May 20
7:00pm: State View: Rep. Bruce Ayers
7:30pm: Media Advisory
9:00pm: TCPL Presents: Aging Strong

Saturday/Sunday, May 21/22
9:30am: State View: Rep. Bruce Ayers
10:00am: TCPL Short: Spring Update
12:00pm: City Council Incl. Ord. & Public Hear. 5/16
4:00pm: Board of License Commissioners 5/17
6:00pm: Media Advisory
7:00pm: City Council Incl. Ord. & Public Hear. 5/16

Monday, May 23
5:30pm: Studio Sessions
6:30pm: LIVE: City Council Finance Committee

Tuesday, May 24
6:00pm: LIVE: Zoning Board of Appeals

Wednesday, May 25
6:00pm: In the Know: Norfolk County Sheriff
6:30pm: LIVE: City Council Finance Committee

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Corvette Appraisal, Stalling Van, Battery Procedure

Ask John Paul: AAA New England's Car Doctor Senior Manager, Public Affairs and Traffic Safety

I have a leased 2019 Mazda CX-9, which is a great car except back in February my display screen cracked internally in the upper right corner. Then in April, my car sat for the day, then on Saturday morning when I started it the lower left side cracked from the inside. There are no scratches on the outside of the screen or markings. I am the only driver of the car. Do you know what is happening?

In previous models, there was a defect in the display, in fact Mazda issued a technical bulletin concerning the spider cracking issue. The factory warranty is 36,000 miles or three years. If the car has more than 36,000 miles on it, I would contact the dealer and have them contact Mazda and reference the technical service bulletin.

I have a 2015 Dodge Journey with 33,000 miles; it ran great for over five years. I did replace the starter and at the same time replaced the battery. Now it starts every morning without fail and when I leave work it also starts without fail. However if I drive the car five minutes and then wait 20 minutes it will not start. When this happens there is no sound; then if I wait about 40 minutes and it will start every time. If I leave it in the driveway and start and restart 10 times without moving the gear shift it will start every time. If I start it and put it in gear and back to park it will also not start. I swapped the starter relay, and some say it is the ground cable, but I think it is something with the anti-theft system. No one seems to know what the problem is. Any thoughts?

There are a couple of possibilities. From your initial description it sounds like a faulty transmission range sensor (neutral switch). Unfortunately, Chrysler did not make this easy to replace; it is about four hours labor and about \$80 for the switch. The second possibility and one that I suffered with was with a replacement starter. It was also an intermittent no start, but I was thinking how could it be the starter, it was only 11 months old. In fact, it was a faulty starter. Since the issue is consistent, it would be easy enough to check the starter using something as simple as a test light.

My husband owned a 1959 Chevrolet Corvette for approximately 40 years. I believe he was only the second or third owner. It is white, red leather interior, 4 speed, black soft top roof, with a white hard-shell top. When he bought it, it was stripped down to the fiberglass and showed no damage. The car is in excellent shape and runs perfectly. Unfortunately, I must sell the car. I cannot drive it and my children do not want it. I have been offered \$50,000 but that was the first person to see it and his first offer. I know how difficult it is to determine what is a fair amount for the seller to receive but am I being taken advantage of? What could or should I ask so as not to "give away" my late husband's dream car?

The first generation C1 Corvette is an extremely popular vehicle. Some buyers keep them all original, and some people modify them (resto-mod). The resto-mod vehicle can sell for \$200,000 or more. The stock vehicles with documentation can sell for \$80-\$120,000 depending on condition. Considering the value of the car, having an appraisal of the vehicle would be money well spent. This way you will have a better idea of the actual value and spending the money on the appraisal could keep you from making a \$40,000 mistake.

I am about to buy two of the Battery Tender Juniors that you recommended. When I emailed this company, they said to buy the larger unit. The larger units charge and the Junior maintains. Would this be accurate?

Actually, both will charge a battery the Battery Tender Junior would just do it much slower. I have used the Battery Tender Junior for the past two years on cars that sat idle for six months and the engine always start because the battery

Do you have a car question?

Every question gets a personal reply.
Email John jpaul@aaanortheast.com

is fully charged.

I have a 2010 Chrysler Town & Country van with only 69,000 miles on it. It stalls out when I drive a short distance, then I start it up again and drive and it is okay, yet sometimes a repeat of stalling out again happens. Can you tell me why this happens?

For any engine to run it requires, fuel, spark and proper engine timing. There are several possible issues that could cause the stalling problem. One common issue that triggered a recall was for a faulty ignition switch. I would also look for a sticking EGR valve and clean the throttle body. At 12 years old, even with the low miles the fuel pump may also be acting up. When checking the fuel pump both fuel pressure and fuel volume should be verified.

Now that snow season is over, I have a full tank of 2 stroke mix gas- 50:1 + Stabil for the snow blower, plus three gallons of mix of the same fuel in the shed. Can I put a little bit in the cars each time I fill up? Or just let it sit until next winter? Will the car blow blue smoke if I do this?

Adding a quart or so of the gasoline is an effective way to use it up. With only 2.5 ounces of oil mixed with one gallon of gasoline you will not see any smoke. There will not be any harm to the engine or the environment.

I own a 1999 Mercury Grand Marquis. It runs well and has 155,000 miles on it. Recently when on the highway the cruise control did not kick in. Could this be a fuse or a computer issue and can it be fixed without too much work?

Starting with the basics, there are two fuses that need to be checked: the servo, the speed sensor as well as the brake light switch. A common issue is the brake light switch goes out of adjustment and causes the cruise control to cancel.

I have a procedure question for you. I try to do minor repairs on my 1986 Dodge D150 whenever I can. When required to disconnect the battery I always removed the positive terminal first. However, my shop manual says to remove the negative terminal. I am going to replace the starter soon. Which procedure is best and why?

Disconnecting the negative cable first is the preferred and safest method. If you disconnected the positive cable first and the wrench you are using touched metal (circuit to ground) there would be sparks, heat and even a possible battery explosion. Removing the negative cable first eliminated that possible hazard.

Porsche mechanics recommend changing brake fluid once a year for cars used on track or autocross due to the extreme braking requirements during track or autocross events. High heat from braking apparently breaks down brake fluid. Please give me your thoughts. I own a Boxster, that is used for getting ice cream not racing, but want to be safe.

If you have ever watched competition racing the brake rotors under extreme conditions will glow red hot. The extremely high temperature will cause brake fluid to break down and moisture to boil, causing extreme brake fade. In day-to-day driving replacing brake fluid every 30,000 miles is recommended by the automotive engineering group at AAA. If your driving is very limited, replacing the fluid every five years is money well spent.

My 2015 Chevy Silverado has an issue with the theft deterrent system that keeps the truck from starting. This happens randomly but fairly often. Occasionally the info screen displays a low battery warning. The battery is



JOHN PAUL
AAA's Car Doctor

new, and the dealer says they cannot pull any codes from the computer. Is there an unposted fix?

Since you are getting the low battery warning I would start with testing not just the battery but to connections to the battery. Performing a voltage drop test is necessary, visually looking at the cables is not sufficient. I have seen several cases where corrosion hidden under the cables causes enough of a drop in voltage to cause some of these issues. When the key (try a spare key) is inserted into the ignition the transponder embedded key is energized by the exciter coil that surrounds the ignition switch. This action sends a signal to the body control module to allow the engine to start. Unfortunately, there is no simple fix, and it will take a technician measuring voltages across several circuits to find the problem.

I have several questions about my 130,000-mile 2010 Toyota Camry. Over the past several months, the check engine light (code PO420) has been coming on repeatedly, and each time our mechanic has read the same code which indicates a problem with the catalytic converter. Over this time, the following facts have been noted about our car, and the following repairs have been made. We have replaced the oxygen sensors, cleaned the PCV system, replaced the exhaust system including the catalytic converter. The engine does burn about a quart of oil in 600-800 miles, and we have added Techron to the gas. Ultimately, I am wondering whether the car is repairable or whether it is time to send it to the junk yard.

Typically, a 12-year-old Toyota with only 130,000 miles on it should have plenty of life left in it. One possible issue is the replacement catalytic converter. It has been my experience that some aftermarket catalytic converters are problematic. The PO420 code indicates an issue with converter efficiency, and I suspect the aftermarket replacement is the problem. The oil consumption issue should just be monitored, and the level topped off between oil changes. Almost any engine that uses oil can last a very long time if the oil level is kept full.

I recently had my oil changed at a Jeep Chrysler dealer on my 2016 Jeep Compass. The car calls for 5W-20 conventional oil and in the past, I always asked for 5W-20 synthetic oil. I noticed when I got home the repair order said they used 0W-20 synthetic oil. Is that okay or should I have them put in the 5W-20 oil.

Whenever possible I like to use the recommended grade and viscosity of oil. The correct oil according to the database that I use as well as the Jeep Compass owner's manual does list 5W-20 oil and that is the oil I would use. Will the 0W-20 oil cause any harm? Not likely but it is always best to use the manufacturer's recommended oil.

I have 34,000 miles on my older Toyota Corolla and my auto mechanic tells me that tune ups are obsolete and spark plugs and other components are good for 100,000 miles. With my 34,000 miles on my Toyota Corolla, what should be done - transmission fluid drain, change fuel filter, anything else?

A. If this were my car, I would change the oil at least once per year and use a good repair shop. A quality repair shop will usually do an inspection of all of the vital fluids, air filter, belts and cooling system. At 34,000 miles your car could be close to needing brakes and tires. Depending on its age, changing the brake fluid every 3-5 years is a good idea as well as a yearly battery check. If the car does need tires, either due to age or tread wear having the wheels aligned makes sense.

So many web sites are so enamored with the Kia Telluride, claiming it will be much more reliable than a Honda Pilot, to use one example. I remember when Volvo first introduced the newer generation XC90 in 2016. It was hyped as SUV of the year by various sources at the time but has since been revealed as a very problematic vehicle. Without a real history of extended miles driven,

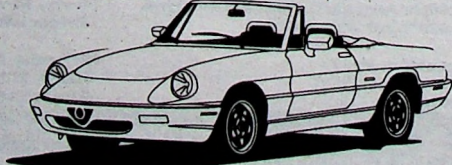
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Don't Pave Paradise And Put Up A Parking Lot - Part 2

I am writing today to provide some background on Forbes Hill Park located adjacent to the Furnace Brook Golf Course on Reservoir Road in the Forbes Hill neighborhood of Quincy and to provide resident reactions to the planned changes to the park that the City has proposed as part of the Furnace Brook Golf Course Renovation.

In 1900-1902, the top of the Forbes Hill was developed as a drinking water reserve. The property included a granite stone clad water tower, called a 'Standpipe', adjacent to a rectilinear reservoir carved out of the hilltop. The facility was in operation until the mid 1950's when the water reserve was relocated to the Blue Hills. At that time, the reservoir was filled in and the site has served as a public park ever since. In 1990, the water tower was placed on the National Register of Historic Places because of its historic significance and beauty.

Over the last 65 years, Quincy residents have used the park continuously for a variety of recreational uses including, baseball, tennis, basketball, soccer, lacrosse, tai chi, picnicking, dog walking, pick-up games etc. The nature of its use is one of unscheduled or passive recreational activities. It is well loved because of the expanse of open green space and the beauty of the thick buffer of tall trees many of which are a century old. The park has been dubbed "Princess Park" by neighborhood families. It is the only recreational green space that is within walking distance serving the residents in the Wollaston Hill and Forbes Hill Neighborhood. It is considered a "hidden gem," a much-needed respite from the increasingly congested streets of Quincy.

The current condition of the park is poor from years of neglect. Aside from occasional grass mowing, the City hasn't invested in caretaking of the park in any meaningful way. The courts are in poor condition from overuse. The trees in the urban forest at the perimeter buffer are being choked by invasive weeds and vines. Remnants of the concrete liner from the reservoir was left buried under the open field surface causing poor storm water drainage of the fields impacting the residents that abut the hill. The fields are often muddy due to poor drainage. Park is in desperate need of restoration to bring it back to its natural beauty.

Over the past 2 months, the City has issued concept plans that illustrate the City's desires to upgrade the golf course club house and parking lot. The plans indicate taking a significant amount of the park for parking that serves the golf course and removal of the several mature trees. Through our petition, we have received the following reactions from residents about the proposed changes to the park.

I grew up playing street hockey and basketball here. I walked my dogs here for years. I played T-ball and baseball here. I still take my kids to this park. It has beautiful views. It's a historical landmark for the city and holds a special place in my family's memories. I want to take my grandkids here someday.

I've lived here 50 years and used that park as a kid playing baseball. Kids use the 20+ trees along the parking lot for SHADE. You can't get shade from new tiny trees. What's worse is on the other side 50+ OLD GROWTH trees will be lost and habitat for animals.

Forbes Hill Park is truly a neighborhood park that has served multiple generations of families. I think it's unconscionable for the City to consider taking land and trees to create a larger parking lot for the Golf Course. The City administrators are putting potential revenue over families. In today's stressful times we need more greenspace for our mental health not less.

Green space is much more important than parking spaces. This is a beautiful open green space with a historical landmark and would be a shame to destroy for more parking, and result in excess traffic in this area, that is a quite area of Quincy.

We Need More Trees And Green Space, Not Less

Dear Editor:

In response to the letters from the Friends of Forbes Hill Park members in last week's Quincy Sun, not only do I enthusiastically agree with the demand to halt the process in funding those plans that would shrink the park and include a retaining wall that could cause problems in the neighborhood, but I'd also like that our leaders reverse direction on this project and plan to utilize our green space on Forbes Hill for purposes other than golf.

Quincy has three (3!) golf courses, which is excessive. One of these golf courses spoiled what used to be a majestic view of Quincy Bay from Rattlesnake Hill in Blue Hills. On the contrary, we aren't exactly overloaded with park space.

There are myriad additional outdoor activities Quincyans could benefit from while still maintaining access to

We don't need every open space paved over or built on. This golf club has been doing fine with the current parking spaces.

People of Quincy need a natural spot that's close by to refresh their spirits. We are blessed to have this unusual and splendid space. It also adds to the desirability factors that increase prop value. Do not ruin or remove it!

This is a beautiful park and no part of it should be sacrificed for a golf course.

This park is a place that is open and all members of the public can enjoy. It has a wide variety of uses, and to close off accessibility to any part of a versatile and important part of our community does not make sense.

Public green spaces should always be prioritized!

Trees are essential to the health of our planet, our country, and our communities and should NEVER be cut down without sincere examination as to whether this is a necessary step.

I think it is important to stop overdevelopment and the removal of green space. The City is over stretching its boundaries by developing without the input of the citizens of Quincy.

The park is enjoyed by all, not just a subset of people who can afford the time and money to golf.

Green space needs to be preserved. LEAVE THE TREES ALONE!!!

Quincy mayor and developers seem to have zero respect for nature and animals, please keep this rare area of green space/nature.

Green space is so important for livability and climate mitigation! We have enjoyed Forbes Hill Park over the years with our children and on walks. Preserving this is much more important than parking for a few golfers on weekends.

Studies have shown that increasing the number of trees is one of the most effective ways to compact global warming and related environmental issues. Quincy has a duty to protect the trees we have.

We should be reducing parking for vehicles, especially when green space is destroyed for it.

I live on the hill, love the park, care about the environment, and questions the values governing the current development plans.

I don't see the reclamation of this area for parking as a net positive for the citizens of Quincy.

We are a family in the neighborhood and want to preserve outdoor space for our kids.

I live near the park and enjoy walking in it. It's a great place with a great view. It's already a cozy park and shouldn't be made any smaller.

Stop destroying what everyone enjoys, just to benefit a privileged few!

There are so few green spaces left in Quincy due to so much development in recent years. It would be a terrible shame to lose another one for a parking lot. Many people use this peaceful park, and its thick tree surroundings provide an oasis from a busy city.

The breadth of comments demonstrates how important this park is to Quincy families. The City should engage in collaborative dialogue with the residents to find ways to preserve and restore this park.

Maria Mulligan, Wollaston Hill, resident and co-founder of Friends of Forbes Hill Park, a neighborhood group that promotes the preservation and restoration of the park's open and green space.

Sign our petition: bit.ly/forbeshillpetition

Join the Facebook group: <https://www.facebook.com/groups/saveforbeshillpark>

Join our email list: saveforbeshillpark@gmail.com

two other golf courses. For example, hill slides, zip lines, groomed cross-country skiing trails, the list goes on. The existing parking should be plenty as is. If additional parking truly is necessary, there is ample space on the current golf course to pave for parking. There's no need for a restaurant up there. We can all go elsewhere to eat. We need more trees and green space, not less.

The fact that the City is considering spending \$7 million of our dollars on these projects is especially discouraging because there was not such fervent support to save Wollaston Theater. Three (3!!) golf courses, zero movie theaters and eventually one cultural center at some point. We need to get our priorities in order.

Bill Spirito
Wollaston

Thank You Culinary Arts Dept. & Stop And Shop

Dear Sir/Madam,

This is a shout out to the Quincy Public Schools Culinary Arts Department and Stop and Shop. For the second year in a row, they provided my Elderly building on School Street (80 units) with a delicious boxed lunch! We had three healthy choices plus a cookie to make us smile broader. Thanks to the friendly Hancock Court Staff, everything went smoothly.

Ruth D. Mulcahy
School Street

Parks Dept. Cancels Quincy Senior 52+ Baseball Season Permits

<https://www.leaguelineup.com/schedules.asp?url=ba103&divisionid=597535>

Dating back to 2006, and I credit Bill Fitzpatrick (Adam Shore) for establishing a 45+, and later a second 52+ senior team, the City of Quincy has fielded two senior baseball teams in the Boston Amateur Baseball League (BABL) every year. We have always respected the priority given to QYB, Legion, high school teams, etc., of whom a few of us have also served as coaches, by scheduling our evening home games at Adams Field after the conclusion of those seasons in late July.

Over the last decade, we've also played at Coletta or Bishop Field on the weekends during the day and at Adams, which is the sole field in Quincy with lights on Wednesday evenings, from July through early October.

Growing up in Quincy, I have had the privilege of playing and coaching multiple Quincy youth sports, which the Koch administration has strongly supported. As the new Quincy Fours 52+ team manager this season and to duplicate the same field permit process, I followed the same protocols and began reaching out to our Parks Department at the beginning of this calendar year. Though the Parks Director had expressed his enthusiasm for another senior baseball season when we spoke at the General's Bridge Dedication last fall, I found it a little odd that he hadn't responded to my texts and calls.

Thus, a month prior to our opening game, I stopped by the Parks Department office across from Adams Field on April 4th. Not only was I immediately waived off by the Parks Director, but his Deputy abruptly stated that "we are not booking any adult league games this year at Adams Field," as "We have been trying for years to get the field and infield re-conditioned and have some upgrades done in all areas of the facility."

I may have missed those details in the \$372.73 million budget proposal announced May 5th on the front page of the Sun. After acknowledging that there are 3-4 other senior teams competing for the same field permits at Adams, the Deputy further questioned my residency and stated that "there is no interest in senior baseball," which he said was a contributing factor to the timing of these "long-planned renovations at Adams."

To say that I was blind-sided by his response and this news would be an understatement.

As a future courtesy to any group, constituency or in our case, a senior baseball team, who pays a \$250 permit fee per game and has always served as good ambassadors for the City of Quincy, it would have been proactive to solicit our feedback and examine alternative options for these "long-planned renovations." Instead, a positive outlet for many of us, who range in age 52-73 y/o, the Parks Dept. pulled the cancel card, which all of our residents have endured far too much of these last two years. With the increasing school enrollment and uptick in youth sports, Quincy should consider a second baseball field with lights, which would be an approximate \$200K investment.

Perhaps, a recreational fee could be a supporting building condition for the continuous real estate development across the city? With the 7.7% budget increase for fiscal year 2023, hopefully some of that money will be devoted to parks, recreation, and other outdoor activities.

Michael Hussey
Merrymount

More Quincy news:

The Quincy Sun.com

Ask John Paul: AAA New England's Car Doctor Senior Manager, Public Affairs and Traffic Safety

Cont'd From Page 16

what are these claims of new introductory cars really worth? The same goes for rates of depreciation as well, it would seem. What do you think?

You are correct that without repair/owner satisfaction data you are only looking at part of the new car equation. The Kia Telluride is a very good vehicle and functions extremely well. From its ride and handling to its well designed infotainment system the Telluride is a well thought out vehicle. Still the vehicle is too new to know how that same vehicle will perform five to ten years down the road. Regarding depreciation, Kia vehicles do depreciate faster than a comparable Toyota or Honda, but I believe that has more to do with (perhaps unfairly) perception of the brand than the actual vehicle quality.

I have a 2000 Buick Park Avenue with 181,000 miles on it. The automatic climate control is "shot". Air comes through the vents only and only blows hot. Even when I'm on the highway with the system is off there is hot air coming through the vents. I closed all the vents, but the hot air is coming in. Is this a blend door issue? I know it's hard to get to some of these doors. Is there any easy fix?

Unfortunately, there is no easy fix. Unlike old cars that used cables to open and close vents and turn on heater valves, today these systems use vacuum and electric actuators. In your Buick there are four actuators. The air inlet, mode control, left air mix and right air mix. The air discharge is controlled by the mode door actuator. The actuator drives a cam wheel that controls the position of the two air discharge doors. Depending on which door or actuator is bad it can take 30 minutes to three hours to repair the problem.

I have a 2007 Honda Pilot and I have owned it from brand new. My question is I changed the timing belt at 95,000 and it currently has 171,000 miles on it. I have had all of the regular maintenance performed and was wondering when I should change the timing belt again. The car is still great shape and would like to use it as my commuter car and hope to get another 100,000 out of it.

Typically, the timing belt on the Pilot gets changed at about 100,000 miles. My suggestion is if you plan on keeping your Pilot for another 100,000 miles it would make sense to replace the timing belt again this year. Consider-

ing the mileage, I would also replace the water pump and evaluate any seals for oil seepage, as well as drive belts and tensioners.

I own a 2013 Volvo wagon with 235,000 miles. It still runs perfectly, and my mechanic says I can surely get to 300,000 miles which I aim to do. My question is about the steering: this car has always had wonderful steering - holds the road really well and not loosey, goosey like so many other vehicles. When I have test driven many other cars for my growing kids, it feels much less controllable on the road - the slightest movement of the wheel and you feel the car sway. Can you tell me what it is that makes the steering in my Volvo such a dream? What should I look/ask for in my next car to get the same kind of control that I have now?

Today most/nearly every new car has electronic power steering depending on the car that can translate into somewhat of an artificial "feel" in the steering. This can have a bit of loose feeling on center to an almost twitchy overly sensitive feel. There was a time when BMWs had legendary almost telepathic steering, but even that has changed over the years. Unfortunately, you need to road test the car that best suits your needs. Even the latest Volvos have lost a bit of that steering feel that you like in your car. The other determining factor can be tires. Tires can transform a car's steering from direct to mushy.

I have a 2005 Toyota Camry XLE with 150,000 miles on it. I recently brought it to a repair shop for an oil change. The "maintenance required" light was on, so I asked them to reset it. When I picked up the car, I noticed that the electronic clock was not working. Instead of displaying the time, it displayed "E/T: 93:04" and would continue to count up as long as the engine was running. I went back into the repair shop, and they tried playing with the radio fuses, but could not correct the issue. They told me that the clock display was now showing the engine elapsed time. Any thoughts on how to get the display to show the time?

There are times simple things feel complicated and you need to just look in the vehicle owner's manual for clarity. You need to use the mode setting and toggle back to the clock. Today nearly all newer cars have owner's manuals online. As an example, <https://www.toyota.com/owners/resources/warranty-owners-manuals.camry.2005>.

Neighbors Pan Proposed Newcomb St. Condos

Cont'd From Page 14

apartments, but it has to fill in the neighborhood and be congenial with everybody in the area."

During the hearing, one resident, Steve Christo of Standish Avenue, said he supported the proposal.

"Presuming we can work out all the technical situations here, I support the project because I think it has a lot of very good points as well," he said. "Its carbon footprint reduction in my mind is a great step for Quincy and although I would like to see more affordable housing in Quincy,

I think the project will be an improvement to the street."

Following the public comments, Meade said the developer would have work to do to address concerns raised during the meeting.

"I would hope the applicant and the applicant's team has heard some of the issues that have been raised, not only by board members but by the public," he said.

Galvin then said he would not support any application for the site that would require zoning relief.

"I cannot support any application for this particular site that is going to seek re-

lief from the zoning bylaw. The site is too small. The neighborhood is too tight as has been indicated at the meeting and also just by driving up and down those streets," Galvin said.

"If they are going to need relief from parking, if they are going to need any other relief, I would not support that project. I just think...it doesn't meet the criteria of a site plan of whether or not this would be appropriate for this neighborhood."

Johnson, the project architect, said the developer wants to be a good neighbor.

"The team hears the com-

munity loud and clear," he said. "We know our client wants to be a good neighbor in the neighborhood and the team has worked hard to make this building fit to the site."

After some discussion, the public hearing was continued to Aug. 3 rather than the board's meeting on June 8. Johnson said there might not be enough time to make changes to the plan ahead of the June 8 meeting, and several board members noted there are already five other items on the agenda for next month's meeting.

Residents Invited To Help Choose Voting Group Logo

Quincy Votes!, a new volunteer group that aims to inform and empower all community members in Quincy to engage in local issues and to substantially increase voter turnout in city elections, invites residents to vote for its new logo.

Visit <https://bit.ly/quincyvoteslogo> to view all 15 entries from local high school and college students.

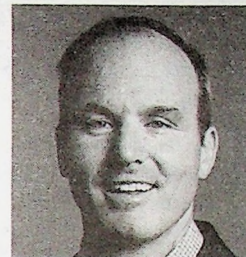
Vote for your top three choices by May 27. The three winning designers will receive subscriptions to The Quincy Sun and cash prizes of \$250, \$100, or \$50.

Members Plus Credit Union Elects New Board Chairperson

Members Plus Credit Union announces Craig A. Pinkham has been elected to serve as chairperson of the Credit Union's Board of Directors, succeeding Board Chair person Michael "Mike" Nee who has served as chair since 2014.

During Mike Nee's tenure, the credit union has grown substantially. Over the past few years, his leadership was crucial to formulating the policies and governance that helped guide Members Plus successfully through the pandemic economy. Nee will remain on the Board as a Director.

Craig Pinkham has served on the Board of the credit union since 2009, most recently as Treasurer and previously as a member of the Credit and Personnel Committees. Currently, he is the National Vice President for the Utility Workers Union of America (UWUA). He began his career working at NSTAR Electric, now known as "Eversource," and previously held the positions of President of the UWUA Local 369, its Secretary-Trea-



CRAIG PINKHAM

surer and chief Financial Officer. In addition to the board for Members Plus, he has served as a board member of the National Utility Workers Union of America Executive Board.

"We are proud of the legacy of service Mike Nee has provided the credit union," said John Murphy, president and CEO Members Plus, adding, "Our all-volunteer Board is exceptionally dedicated to ensuring that everyone who banks with or borrows from us receives the best value and service possible. We have always relied on our Board to provide strong leadership and governance, and we look forward to continued success under the direction of Craig Pinkham."

Bethany Congregational Church

Bethany Congregational Church invites the public to its regular Sunday service May 22 at 9:30 a.m.

Music will be provided by Paul Frazer, and Rev. Patrick McCorkle will preach his sermon. There will be church school classes this week.

Coffee Hour will be held after services, with coffee, light refreshments and good conversation.

Thank you to everyone who donated to the World Central Kitchen fund drive. We were very pleased with the results. Also, thank you to everyone who worked on our Giant Craft and Yard Sale. A good time was had by all!

As usual, the Sunday Service will be available on line via YouTube. Go to the church website for the link, or directly to YouTube. For all events at Bethany Church, masks and sanitizer are available.

Broad Horizons Preschool is open and accepting students both full and part-time, for both the summer session and for the fall.

To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

Bethany Congregational Church is located at 18 Spear Street, Quincy.

The church website is: bethanycongregational.org.

Email address is: bethanycongregational@yahoo.com.

The telephone number is: 617-479-7300.

NCSO To Honor Fallen Heroes May 29 With 'Flags Of Our Families' Flag Installation, Ceremony

Norfolk County Sheriff Patrick McDermott announces his office will be honoring Norfolk County's fallen heroes with a "Flags of Our Families" flag installation ceremony in Braintree.

The installation will allow families and friends who wish to honor a loved one who gave their life to submit a name which will be attached to a flag in the

person's honor. The flags will be displayed on the lawn of the Braintree Public Safety Complex, where a ceremony will be held to honor the memory of those who passed.

"The men and women of the armed services who gave their lives to defend America and its values deserve our utmost honor and thanks," McDermott said. "The 'Flags of our Families'

event is one small way to honor the memory of those who made the ultimate sacrifice, and the Norfolk County Sheriff's Office is proud to be able to provide a space for people to pay tribute to the memories of their loved ones."

Families and friends who wish to honor a loved one can email Outreach@NorfolkSheriffMA.org to submit a name. The name will

be printed and attached to a flag. The Sheriff's Office requests that names be submitted no later than Wednesday, May 25th. The flags will be installed the week prior to Memorial Day.

The public is invited to attend a short ceremony to honor the fallen heroes on Sunday, May 29th, at 9 a.m. at the Braintree Public Safety Complex, located at 2015 Washington St. in Braintree.

More Quincy news:

The Quincy Sun.com



AFTER A two-year absence due to the COVID-19 pandemic, the Quincy High School Fashion Show returned to the runway May 12. The show featured student models and student designers as well as alumni who displayed their fashions before a capacity crowd at the school's Lloyd Hill Auditorium. Here the students take a bow as family, friends and classmates give them a standing ovation.

Quincy Sun Photos/Robert Bosworth



SENIOR MAJOR'S COLLECTIONS included fashions designed by Emily Huang (center) and modeled by Sophia Nguyen, Amari Blair, Vicki Rak and Amber Tran.



JUNIOR MAJOR COLLECTIONS featured fashions by Elizabeth Chetwynd (left) and modeled by Justin Chan (center), Annika Schmitt (right) and the designer herself.

Quincy High School Fashion Show Returns To The Runway

Dozens of Quincy High School students showcased their designs at the school's annual fashion show, which made its return following a two-year hiatus.

The fashion show was held the evening of May 12

inside the school's Lloyd Hill Auditorium. The event featured myriad outfits created by Quincy High School's fashion design students and modeled by their peers. Alumni from the pre-

Cont'd On Page 39



STUDENT MODEL Skyla Whelan models a dress created from magazine pages and a Vogue tote bag at the 2022 Quincy High School Fashion Show. The eco-friendly fashion was designed by student designer Mallory Carlson.

FUNDRAISER TO BENEFIT



Manet Community Health Center



June Bloom

Nurturing the health of our community

Come and Celebrate Quincy's Community COVID Volunteers!

They stepped up when we needed them, and now it's time to say thank you.

Please join us as we present *The Manet Medallion* to our exceptional team of community volunteers who helped us vaccinate thousands in our community during the pandemic.

Thursday, June 9, 2022
Lombardo's, Randolph
6:00 PM



Register today at www.manetchc.org/junebloom



Quincy Multicultural Festival Celebrates Diversity



TAILA CHEN, 7, is all smiles as she is ready to perform a Chinese children's dance at the Quincy Multicultural Festival at Pageant Field hosted by the Quincy Public Schools and the Citywide PTO's Equity, Diversity, Inclusion Subcommittee on May 5 to celebrate the city's various cultures.

Quincy Sun photos/Tom Gorman



THE CHINESE LION Dance is performed by the Wah Lum Kung Fu of Quincy before a crowd at the Ruth Gordon Amphitheater.



TANISHK NIGOTRA, 9, left, and his sister, Srishti, 12, perform a native dance of their native India.



CHILDREN LOOK ON as the Chinese Lion Dance by Wah Lum Kung Fu of Quincy makes its way through the crowd.



BOSTON CHINESE DANCE school of Quincy students perform.



CONNIE AU, 8, rehearses her Chinese children's dance. More photos from the Quincy Multicultural Festival on Page 19.



BELINDA CHEN, 8, left, and Zoe Su, 8, of the Boston Chinese Dance school in Quincy perform a children's Chinese dance during the Quincy Multicultural Festival at Pageant Field on May 5.
Quincy Sun photos/Tom Gorman



FAMILIES ENJOY the performances at the Ruth Gordon Amphitheater.

Quincy Multicultural Festival Celebrates Diversity



TWIN SISTERS Sruti Maruvada, left, and Kruti Maruvada, both 6, perform a song of their native India.

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David Magit, MD

Burgin-Platner Off To 3-2 Start

After losing the season opener, Quincy's Burgin Platner Insurance won three straight games in Cal Ripken Minors (Quincy Youth Baseball), dropped a heart-breaking walk-off loss, and is now battling to secure first place.

Manager Kevin Bryant said his team's starting pitching is the main reason for their early success.

"We have two really solid pitchers and we've used them wisely," said Bryant. He's talking about Diego Suarez and Kieran Sheehan. With contrasting styles but similar results, the two have combined for three total complete games and over 20 total strikeouts each on the young season. Platner has defeated each of the three opposing teams in their division once and will try to start a new win streak beginning next week.

Platner is anchored by their catcher and team cap-

tain Jimmy Rheault. The 11-year-old has multiple extra base hits and is handling the pitching staff beautifully. The team's middle infielders Tommy Burns and Aiden Davenport have been excellent defensively while the corners are led by first baseman and outfielder Julian Anderson and the always reliable Mark Bryant. Bryant has reached base safely in 10 of his 14 plate appearances and seems to score runs at will. Anderson has hit several long balls to become one of the most feared batters in the minors.

Outfielder Julian Christianson has played well in his last two games as has his teammate Jude Henderson - carrying a .416 batting average with 5 runs scored. Bench Coach Jena Henandez has been working with Christianson on baserunning and defense while hitting coach Rob Rheault has turned Henderson into a

powerful threat at the plate.

Evin Kilcoyne, the team's utility player, and newcomer Jack Potter have each recorded their first hits of the season in crucial situations. Kilcoyne has raw power and is learning different ways to help the club. Injuries have limited the playing time of backup infielder Alex Nadworny and the team looks forward to his return to the lineup.

Jimmy Rheault has worked well with the team's pitching staff, which hopes to add a third starter over the season's long duration. Anderson pitched well in a relief debut and Mark Bryant will get his first start this upcoming week. Sheehan and Suarez are not only pitching well, they have both contributed with their bats equally.

"We are lucky to have two aces on the staff. The kids get stronger and stronger each inning they pitch," Bryant said.



'THE BURGIN BASH BROTHERS' - Teammates (from left to right) Kieran Sheehan, Julian Anderson and Jimmy Rheault have a combined 4 triples, 3 doubles and 12 RBI on the young season. *Courtesy Photo*

Quincy High School Girls' Lacrosse Log Big Wins

The Quincy High School Girls Lacrosse team went 2-1 this past week. The team has had to adjust to playing without senior captain and leading scorer Madie Bailey.

The team started the week facing Plymouth South at home May 10th. Quincy started off strong, leading 2-0, with goals from Lindsay Hatfield and Grace Connor. Delia Nichol add-

ed two goals and Kathleen Higgins a goal of her own, but a feisty Plymouth South continued to answer. The first half ended with Quincy leading, 5-4. Quincy High School came out blazing in

the second half, with 5 unanswered goals by Mairead Folan, Caroline Campbell, Kathleen Higgins, Chloe Lynch and Grace Connor. The defense stood strong and held Plymouth South

to just one second half goal. Alex Kane, Ciara Folan, Abby Codner, Maggie Potts and Anna McPhillips protected the net and denied Plymouth South several scoring opportunities.

Goalie Tayah Quinn did an outstanding job of turning away shot after shot.

On May 12th, QHS faced a scrappy and aggressive Silver Lake team. Silver

Cont'd On Page 23

Introducing...

QATV

'S NEW CHANNEL LINEUP

9

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8

PUBLIC ACCESS

1072

GOVERNMENT & PUBLIC

HD

Quincy Access Television
has gone High Definition!

Quincy Boys' Volleyball Falls To Brockton

By TOM JOYCE

The Quincy High boys' volleyball team fought back in their home match against the Brockton Boxers May 11th.

The Presidents trailed but managed to avoid the sweep against a tough opponent. Ultimately, the Presidents bowed 3-1 in this one. With the loss, the Presidents dropped to 7-7 on the season.

Brockton jumped out to an 11-7 lead in the first set, but the Presidents fought back. They took a 13-11 lead on a 6-0 run. The run started with a hitting error from Brockton and continued with Malik Justice serving. He had a couple of serves that Brockton failed to return, and Brockton had a couple of hitting errors to help the Presidents take the lead.

However, that lead for the Presidents wouldn't last. Later on, a penalty against them, as well as an ace and a kill by Brockton made it a 20-18 set. The Presidents called a timeout at that point, but they weren't able to stop their opponents' momentum. It ended up being a 7-0 run for Brockton to give the team a 24-18 advantage.

The Presidents then had a 3-0 run that included an ace by John Alessandro, but a soft spike by Brockton finished the set; the Presidents dropped it 25-21.

Although the Presidents dropped the first set, they were sharp early in the second frame. Hugh Crawford gave the Presidents a 10-6 lead on a kill that Brockton couldn't return, and the team went up by five points on a hitting error by Brockton.

That lead wouldn't last, however, as Brockton tied the set at 14 apiece and took a 15-14 lead on a hitting error by the Presidents. The set was re-tied at 15 apiece on a serving error by Brockton, but then Brockton went on a 4-0 run. It was a deficit that the Presidents weren't able to overcome. Brockton went on to win the set 25-19.

However, the Presidents managed to avoid a sweep in this one. They took the third set, sending the match into a fourth set.

In the early going, the Presidents had a tight lead; Brockton tied it up at 12 apiece on a kill and went up 13-12 on a penalty against

the Presidents. However, the Presidents came back in this one.

With the set tied at 21 apiece, the Presidents pulled away; the Presidents took the lead in the set on a spike by Brandon Pham. This forced a Brockton timeout. Brockton got a point after that, but the Presidents took a 23-22 lead on a Brockton serving error. And a block by Pham gave them a 24-22 lead. Brockton called another timeout, but it didn't change anything. The Presidents won the set 25-22; Pham had a strong hit to Brockton. In response, Brockton hit the ball out of bounds to end the set.

Ultimately, Brockton went on to win the fourth set 25-23 and took the match 3-1.

The Presidents trailed early in the set but weren't able to make a comeback. Christian Las had a hit to bring the Presidents within a point 19-18 late in the set, but Brockton wouldn't surrender the lead. Brockton then got back-to-back points, extending its lead to three points. The Presidents then called a timeout, but they weren't able to over-

come the deficit. Brockton went on to take this one as well.

The roster for the Presidents this season includes: junior defensive specialist/outside hitter Christian Las, senior right-side hitter/setter Henry Dang, senior defensive specialist David Meng, sophomore outside hitter/middle hitter Adam Bonica, senior defensive specialist Raven Roldan, senior middle hitter Parker Mullen, senior setter/right-side hitter Tony Le, senior outside hitter Hugh Crawford, senior outside hitter/right-side hitter Brandon Pham, senior right-side hitter/outside setter/defensive specialist Jamar Finn, senior middle hitter/outside hitter Vansh Patel, senior outside hitter/defensive specialist Malik Justice, senior right-side hitter/middle hitter John Fehan, senior setter Mahki Justice, senior middle hitter John Alessandro, and senior outside hitter/right side hitter Kyle Regan. The team's head coach is Jacqui Niosi.

The next game for the Presidents will take place this Thursday, May 19 at home against the North Quincy Raiders (6:30 p.m. start time).

North Quincy Baseball Bows To Hanover

By TOM JOYCE

The North Quincy High baseball team had an early lead in this one, but the lead wasn't permanent.

The Raiders faced off against a tough Patriot League foe May 13th. The Raiders scored a quick two runs against the Hanover Hawks, but Hanover's offense also enjoyed some success in this one. The Raiders ended up falling 11-4 in this one. With the loss, the Raiders dropped to 5-10 on the season.

The Raiders took a 2-0 lead after the first half of the first inning. Vinny O'Leary, who had a team-high two hits in the game against Hanover, led things off with a single to the shortstop. After a pop out, O'Leary reached scoring position on a five-pitch walk drawn by Johnny Lynch. And on the second pitch of Scotty Ritz's plate appearance, both runners advanced one base on a wild pitch. Ritz then knocked in a run on a sacrifice fly; he hit a fly ball to the shallow part of the outfield, scoring O'Leary. This gave the team a 1-0 lead.

Lynch advanced to third on the sacrifice fly and scored during the next at-bat thanks to an error committed by the pitcher. This put the Raiders up 2-0. Hanover then got another flyout to end the inning.

Hanover would wipe away the Raiders' lead in

the bottom of the second, however. The game was still 2-0 going into this frame, but Hanover put up six runs; it was a lead the team would hold onto for the rest of the game.

While the Raiders got a fly out to start the inning, Hanover then had five straight batters reach base -- including two of them getting on base as a result of errors. Hanover loaded the bases with one out in the inning and capitalized on the situation. The team had an RBI single to center field and then drew a five-pitch walk to tie the game. A popout to second base got the Raiders one out closer to ending the inning, but Hanover wasn't done just yet.

The team then got three straight hits: a two-RBI single to left field, a hard ground ball double to left field, and a line drive single

to center field. These three hits knocked in a combined four runs; it gave Hanover that 6-2 lead.

Although the Raiders trailed, they continued to fight back. The team had a pair of runners reach base in the third inning, and it scored a run in the top of the fourth.

Alex Montero led off the inning by drawing a five-pitch walk, and Charlie Baker hit a ground ball single to the third baseman that he was able to beat out. And then Charlie Ambroult would knock in a run. During the third pitch of his trip to the plate, both runners advanced one base on a passed ball. Ambroult then hit a sacrifice fly to center field, scoring a run. This made it a 6-3 ballgame. Hanover recovered, however, getting back-to-back strikeouts to end the inning.

Hanover went on to pad its lead in the bottom of the fifth. The team added five runs in an inning that included two triples and a home run. With two outs in the inning and runners on first and third, Hanover blasted a three-run home run to left field. After that, the team had back-to-back triples and an RBI single to right field.

After that, the Raiders made their second pitching change of the game; Scotty Gutro got the team out of the inning by striking out the first batter he faced. Gutro had a clean sixth inning on the mound; he got all three batters he faced out and got another strikeout. In all, he pitched 1.1 innings and didn't let a runner reach base.

Ultimately, the Raiders weren't able to make a

Cont'd On Page 24

Boston's Run

To Remember Registration, Bib Pick Up At Erie Pub

Boston's Run to Remember in cooperation with Dorchester's Erie Pub will be registering and providing Bib pick-up at the Erie Pub on Saturday, May 21st from 3 to 6 p.m.

Boston's Run to Remember is hosted by the Boston Police Running Club as a tribute to Fallen First Responders. The Race will be held Sunday May 29th starting at 7 a.m. on Seaport Blvd. There will be two runs a 5 mile and half marathon both starting at 7 a.m.

Interested runners and walkers may signup online at <http://www.bostonrunstoremember.org> or at the Erie Pub on Saturday May 21 beginning at 3 p.m. Coming back after a two year COVID hiatus race organizers are planning on five thousand entries in the combined races.

All proceeds from Boston's Run to Remember are given to charity. Historically the event has had large participation from Quincy and the South Shore. Local Police and Fire departments have participated in the first responders challenge divisions each year.

Race Organizers would like to thank the Stenson family and the Erie Pub staff for being part of this great Boston tradition.

QHS Girls' Lacrosse Log Big Wins

Cont'd From Page 22

Lake took a quick 3-0 lead in the beginning of the first half. Quincy answered with two goals by Grace Connor and Kathleen Higgins, to end the first half down by one.

The tough, gritty play continued into the second half, with Quincy taking the lead with two goals from Delia Nichol and one by Caroline Tracey. Silver Lake fought back with two goals of their own to regain the lead at 6-5. Quincy did not give up, maintained their composure, and pulled off the win behind two more goals by Grace Connor. Again, defense was strong and aggressive in front of their fearless goal keep, Yah Quinn.

On May 13th, the Presidents

headed down to take on a strong Canton squad. Canton jumped out to a quick 3-0 lead before Quincy got on the board with a Caroline Tracey goal. Canton then scored five unanswered goals before Tracey put another one in the net for the Presidents.

With the score 8-2, the Presidents dug deep and the defense of Alex Kane Ciara Folan, Anna McPhillips and Captain Abby Codner were able to hold Canton to just 2 more goals. The offense was able to score 4 goals in the last 8 minutes of the game, with goals by Delia Nichol, Grace Connor and Kathleen Higgins (2). Unfortunately, they came up short and lost by a score of 10-6. The Presidents need two more wins to earn a tournament berth.

QUINCY TRACK CLUB

Boys & Girls Ages 5 to 14
From Quincy and
Surrounding Communities
\$100 per child \$200 Family Rate

REGISTRATION

Tuesday - Friday
May 17 - May 20

6:00 PM

to

8:00 PM

New

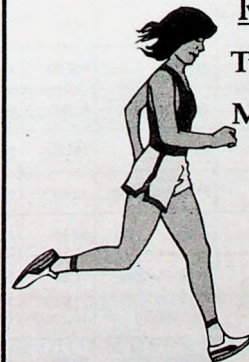
Location

QUIRK FIELD HOUSE
AT FAXON FIELD

Corner of Russell Park & Southern Artery

Quincy Residency NOT Required

For Information Email:
quincytrackclub74@gmail.com



Round Ball Basketball Camp

Aug. 1st - 5th (Ages 7-11) at Atlantic Middle School
Aug. 8th - 12th (Ages 9-16) at North Quincy High School
9:00AM - 1:00PM • FOR BOYS & GIRLS

CAMP DIRECTORS:

Kevin Barrett:

- 17th Year Head Basketball Coach, NQHS
- Mass. Basketball Coaches Assoc. Coach of the Year, 2013 & 2014
- Phys. Ed. Teacher, Quincy Public Schools

Paul Beston:

- Quincy Youth Basketball Coach
- South Shore Youth Basketball Coach
- Member - Quincy High Hall of Fame
- Elementary Teacher - Quincy & Milton Public Schools

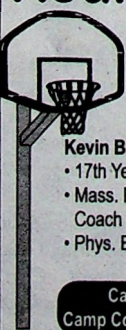
Camp Coaches have experience at the college, high school and youth levels.
Camp Counselors are current varsity members from both Boys & Girls Basketball teams.

For brochure, call or email:

Paul Beston 617-472-1962
bestonpaul@yahoo.com

Kevin Barrett 781-985-0476
kbarrett2002@yahoo.com

*Licensed by the
Quincy Health Dept.



Quincy/North Quincy Girls & Boys Track Highlights

Results vs. Pembroke May 11

First	Last	Gen	Gr	Event	Perf	Place	Comment
Kimberly	Le	F	24	100m	14.38		
Jahan	Lin	F	24	100m	14.67		
Lovina	Ugwu	F	24	100m	14.85		
Isabella	Reyes	F	24	100m	15.97		
Fiona	Saraci	F	24	100m	18.08		
Kiera	Sleiman	F	22	100m Hurd	17.95	2	
Mollie	Smith-Gaeta	F	24	100m Hurd	19.14	3	PR
Joyce	Lukelo	F	25	100mHH	19.30		PR
Amy	Tan	F	25	100mHH	22.57		
Sachi	Andrade	F	23	100mHH	26.07		
Sofija	Slezas	F	24	200m	27.01	1	
Lovina	Ugwu	F	24	200m	31.48		
Amy	Tan	F	25	200m	33.64		
Molly	Nelson	F	23	2mile	13:35.09	2	
Clara	Golden	F	24	400m	1:11.86	3	
Hannah	Moriarty	F	25	400mHurd	1:12.06	1	
Clara	Golden	F	24	400mHurd	1:20.13	3	
Selma	Bouktham	F	24	800m	2:38.90	1	
Sebrina	Egan	F	22	800m	3:07.77		PR
Bessma	Torky	F	25	Discus	47'07"		PR
Lauren	Ebong	F	24	Discus	73'02"	1	PR
Alyssa	Hopps	F	25	HighJump	4'08"		
Mollie	Smith-Gaeta	F	24	HighJump	4'10"	3	
Natalia	Kepczynski	F	22	HighJump	5'00"	1	
Molly	Nelson	F	23	Jav	60'06"	3	
Kiera	Sleiman	F	22	Jav	62'07"	1	
Victoria	Rak	F	23	Long Jump	15'10.5"		

Results vs. Pembroke May 11

Kathy	Duong	F	24	Long Jump	12'11.5"		
Isabella	Reyes	F	24	Long Jump	12'09.5"		PR
Aluna	Coogan-Coyne	F	24	Mile	5:30.95	1	
Grace	Cody	F	24	Mile	6:34.95		
Genesis	Anderson	F	24	Shot	16'02"		
Bessma	Torky	F	25	Shot	20'01"		PR
Lauren	Ebong	F	24	Shot	20'07"		
Kiera	Sleiman	F	22	Shot	27'09"	1	
Victoria	Rak	F	23	Triple jump	32'11"	3	
Jacey	Ham	M	23	100m	11.55	1	FAT PR
Matt	Wong	M	22	100m	11.82		
Gabriel	Rodrigues	M	24	100m	12.37		
Anthony	Vo	M	24	100m	12.48		
Kendry	Duran	M	23	100m	12.67		
Alex	Martinez	M	25	100m	13.01		
Miguel	Moura	M	25	100m	13.10		
Brandon	Hilbard	M	24	100m	13.33		
Thomas	Chan	M	25	100m	13.53		
Patrick	Cayer	M	24	100m	13.76		
Ariel	White	M	24	100m	13.86		
Harun	Channi	M	23	100m	14.05		
Ashton	Harris	M	24	100m	15.38		
Isaac	Lee	M	24	100m	15.83		
Jonathan	Bina	M	22	110m HH	17.16	1	PR
Ibrahim	Yacouty	M	24	110m Hurd	20.14	2	
Andrew	Hodgdon	M	23	200m	25.10	3	
Mamadou	Diallo	M	25	200m	25.37		
Alex	Stankov	M	23	200m	25.65		
Lawrence	Ching	M	22	200m	26.22		
Alex	Martinez	M	25	200m	27.55		
Lito	Breslin	M	24	200m	27.82		

Results vs. Pembroke May 11

Robert	Cannon	M	22	2mile	10:13.25	1	
Trevor	Mangino	M	24	400m	1:03.43		
Zach	Clements	M	22	400m	1:03.49		
Oisain	Coogan-Coyne	M	23	400m	53.16	1	
Boubekar	Diallo	M	24	400m	58.21	3	
Jonathan	Bina	M	22	400mHurd	1:00.43	1	
Hatim	Bouktham	M	22	800m	2:03.63	1	
Patrick	Lee	M	24	800m	2:19.35		
Harry	McGuire	M	22	800m	2:30.76		PR
Shane	Faherty	M	22	800m	2:31.21		
Dante	Nguyen	M	23	800m	2:35.45		PR
Peter	Cooney	M	23	800m	2:40.85		
Liam	Murphy	M	25	800m	5:32.59		PR
Brandon	Baker	M	22	Discus	113'04"	3	PR
Gabriel	Rodrigues	M	24	Discus	128'05"	1	PR
Michael	Akposi	M	24	Discus	73'01"		
Jacey	Ham	M	23	High jump	5'02"	1	
Anthony	Vo	M	24	High jump	5'02"	2	
Colm	Geary	M	22	HighJump	5'02"	3	
Zach	Clements	M	22	Jav	108'01"	3	PR
Daithi	Quinn	M	24	Jav	139'08"	1	
Ashton	Harris	M	24	Jav	54'00"		
Johnny	Chiu	M	24	Jav	58'07"		PR
Ryan	Tobin	M	23	Jav	67'08"		PR
Kevin	Heim	M	24	Jav	91'10"		PR
PJ	Coleman	M	23	Jav	93'09"		
Thomas	Murray	M	22	Long jump	14'11"		
Kendry	Duran	M	23	Long jump	17'03"		
Alex	Martinez	M	25	Long jump	17'11.5"		PR
Andrew	Hodgdon	M	23	Long jump	17'11"		
Matt	Wong	M	22	Long jump	18'00"	3	
David	Schmidt	M	25	Mile	5:12.39	3	
Nathan	Feldman	M	25	Mile	6:25.62		

More Quincy news:

The Quincy Sun.com

MSTCA Coaches Invitational May 14 - Boston College High School

MSTCA Coaches Invitational 5/14/2022 Boston College HS							
First	Last	gender	EVENT	Perform	Place	Competitors	Comment
Gabe	Rodriguez	M	Discus	128'04"	8	25	
Daithi	Quinn	M	Long Jump	20'03"	8	22	
Brandon	Baker	M	Shotput	42'04.25"	13	32	
Gabe	Rodriguez	M	Shotput	41'05"	18	32	
Kiera	Sleiman	F	Javelin	107'09"	4	14	PR
Daithi	Quinn	M	Triple Jump	42'05"	3	19	
Daithi	Quinn	M	Javelin	162'07"	2	12	PR
Alex	Martin	M	Freshman 100m	12.48	22	28	
Oisain	Coogan-Coyne	M	400m	52.87	11	30	
Jonathan	Bina	M	110m Hurdles	16.82	11	25	PR
Robert	Cannon	M	Two Miles	10:27.07	10	16	
Jonathan	Bina	M	400m Hurdles	59.89	4	27	PR
David	Schmidt	M	Freshman Mile	5:13.28	11	15	
Hatim	Bouktham	M	Mile	4:23.19	1	21	PR School Record
Hannah	Moriarty	F	400m Hurdles	1:10.64	6	21	PR
Sofija	Slezas	F	200m	26.93	6	42	
Selma	Bouktham	F	Mile	5:24.93	7	29	
Aluna	Coogan-Coyne	F	Mile	5:27.03	10	29	
Sofija	Slezas	F	100m	12.99	7	45	

Glenn Loucks Games White Plains, New York May 13

Cam	Griffin	M	22	Mile	7:38.72		
Michael	Akposi	M	24	Shot	31'00"		
Gabriel	Rodrigues	M	24	Shot	39'08"		
Brandon	Baker	M	22	Shot	40'06"	3	
Daithi	Quinn	M	24	Triple jump	40'09"	1	
Jacey	Ham	M	23	Triplejump	38'09"	3	

Boys won 71-65 They are undefeated Fisher Division Champs
Girls lost 80-56 They are 3-1 and Fisher runner ups

Glenn Loucks Games White Plains NY Friday May 13, 2022							
First	Last	gender	EVENT	Performance	Place	Competitors	Comment
Hatim	Bouktham	M	800m	1:53.46	1	40	PR QHS School Record. MIAA Superstandard
Selma	Bouktham	F	800m	2:20.84	23	42	PR QHS School Record.

NQ Baseball Bows To Hanover

Cont'd From Page 23

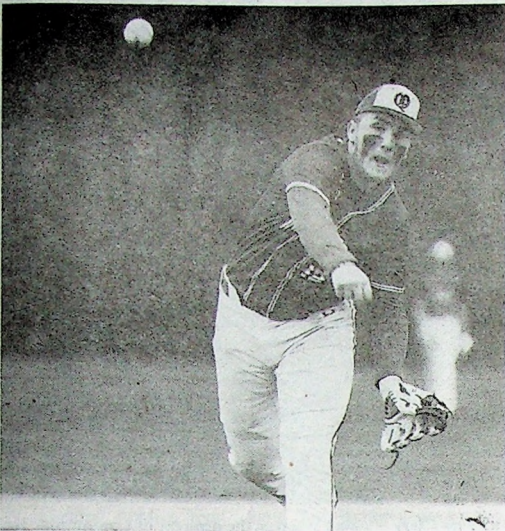
comeback in this one, but they did add one more run in the top of the seventh. With two outs in the inning, Kevin Pritchard launched an RBI double to center field; it scored Zach Taylor, who drew a walk in the previous plate appearance. After that, Hanover got a strikeout to end the game.

The roster for the Raiders this season includes: junior Vinny O'Leary, senior Johnny Lynch, senior Jackson Murphy, senior Scotty Ritz, freshman Max Gaudiano, sophomore Charlie Ambroult, sophomore John Toland, sophomore Will Conley, junior Zach Taylor, senior Patrick McDonald, sophomore Charlie Baker,

junior Kevin Pritchard, junior Brendan McGourty, junior Kyle DeBoer, senior Carson Douglas, junior Alex Montero, and senior Scotty Gutro. The team's head coach is Matt Edgerly.

The next game for the Raiders will take place this Thursday, May 19 at 4 p.m. on the road against the Plymouth South Panthers.

Presidents Defeat Raiders In Baseball, 10-4



QUINCY'S Drew Boretti was the starting pitcher for the Presidents in Quincy's 10-4 win over North Quincy Monday night at Adams Field. He struck out 10 as Quincy won its fourth straight game and improved to 9-8. NQ dropped to 5-11.

Quincy Sun Photos/Larry Carchedi



NORTH QUINCY'S Vinny O'Leary beats the throw to the plate as the ball gets to Quincy catcher Coleman Ross a little late.



IN A CLOSE play at second base, Quincy shortstop Dylan Green tags out North Quincy's Max Guadiano who was trying to extend a single to right field.



NORTH QUINCY'S Kevin Pritchard was the starting pitcher for the Raiders against the Quincy Presidents Monday night.



ABOVE: QUINCY'S DYLAN GREEN grounds to shortstop, but beats the throw to first for an infield hit.



NORTH QUINCY'S Johnny Lynch makes solid contact with the ball in the bottom on the fifth inning.



BELOW LEFT: QUINCY CATCHER Coleman Ross catches an input fly with pitcher Drew Boretti looking on.



NORTH QUINCY shortstop Dylan Green gets ready to field a grounder in the fifth inning off the bat of Quincy's Joseph Hennessy.

Four Quincy Residents Inducted Into Curry College Honor Society

Four Curry College students from Quincy were recently inducted into the Alexander Graham Bell Honor Society.

They are: Tashia Herington, Julie Nabstedt, Victor Nguyen and Erin Turner.

The Alexander Graham Bell (AGB) Honor Society

promotes and recognizes academic excellence at Curry College. The Society is named for the famous inventor, Alexander Graham Bell, who was an early chancellor at Curry College. It was founded in 1971 to recognize and promote academic excellence through a variety of activities at Curry.

John Cain Named Director Of Community Tech Integration And Support

Mayor Thomas Koch has announced an innovative program aimed at providing technology access and training to members of the community who need it most and has named a career-educator to lead it.

In a press release, Koch said he has appointed John Cain as director of Community Technology Integration and Support, and the program is an outgrowth of Cain's career in education that has had a focus on technology training and access. Cain will be working with a number of City departments and community organizations to coordinate programs

and target areas where the need is most tangible.

Koch held several discussions with Cain over the course of the last two years, and said the technology issues highlighted by the pandemic made the need for programming that Cain envisioned that much more obvious.

The need for technology training runs the gamut from low- to moderate-income families where affordability is the defining need, to veterans and job-seekers and seniors where adequate training to become fully technology literate is the driving need.

The program will be funded by federal grant money. The annual salary is \$75,000.

"John is a passionate educator and he's passionate about providing the kind of technology access and training that is fundamental to success in today's world. There is no question this kind of programming is needed, and we are thrilled to have someone with John's experience and energy leading the way. I have great hopes for this program going forward."

John Cain is the father of Ward 3 councillor Ian Cain.



JOHN CAIN (right) is sworn in by City Clerk Nicole Crispo as the director of Community Technology Integration and Support. Koch, who appointed Cain to the position, said the program is an outgrowth of Cain's career in education that has had a focus on technology training and access.

Photo Courtesy Lisa Aimola/Mayor's Office

Municipal Light Plant Clears First Hurdle

By SCOTT JACKSON

City councillors on Monday took the first step toward creating a municipal light plant that would operate a proposed city-run fiber-optic broadband network, though it is uncertain if a municipal light plant would be needed to run the new network.

Councillors voted 8-0 in favor of Mayor Thomas Koch's proposal to create a municipal light plant during their meeting Monday. The council must reaffirm its vote to create a municipal light plant during a subsequent fiscal year and then the matter would be put before voters at a regular or special election.

The municipal light plant is being proposed as part of the city's initiative to launch a municipal broadband network, which would provide residents and businesses with high-speed internet service at a lower price than Comcast offers.

During Monday's meeting, Chris Walker, Koch's chief of staff, said it is unclear whether or not the municipal light plant would be needed should voters approve of it. He said the city is taking a belts-and-suspenders approach to the

matter and wants to be prepared to create a municipal light plant if it is necessary to do so.

"There has been no firm determination at this point whether we actually need to form a municipal light plant if we take that final step," Walker said. "There is some legal theories out there and some precedent that broadband might not require us going through this component of state law, so we're looking at that. We might also not have a municipal entity operating this system and contract it out to a third-party provider."

Ward 3 Councillor Ian Cain, who has worked with city officials to get the broadband network up and running, said he hears frequently from residents who want to see the new internet service established.

"It's an exciting project with many implications to advance the city in a number of ways technologically speaking, creating greater access to the digital economy for those who might not currently have it, affordable rates with a higher quality service. It has very strong implications for telework," Cain said, adding that residents' internet costs were

being "jacked up" during the pandemic if multiple household members were working from home at the same time.

"We're also looking at potential solutions around providing lower- and moderate-income families with access through state funding, which is currently widely available, which is exciting to think about as well," Cain added.

Ward 5 Councillor Charles Phelan Jr. said residents would benefit from the project because it would lower their costs.

"We're providing a choice here for the residents. Anytime somebody has a monopoly and you have two clear choices, it will drive down prices. It's simple economics," Phelan said. "I think this is a great step. I'd like to have it here next month."

Koch initially introduced the legislation to establish the municipal light plant during the council's meeting on May 4. At that time, Cain said voters could be asked to approve of the municipal light plant as soon as this November and the city is working to test the proposed new network in a pilot area.

"Hopefully if we get these two steps, we can go towards designing a full-scale project to be implemented and designed by next year," the Ward 3 councillor said at the earlier meeting.

Cain first proposed the idea of creating a municipal broadband network in 2018, when he introduced a resolution asking city officials to study the concept. One year later, Cain and Koch an-

Cont'd On Page 29



Keohane
FUNERAL HOME

Plant. Grow. Share.

FREE Gardening Workshop

Learn how to garden with this fun, interactive workshop led by Jon Belber from Holly Hill Farm. Attendees will receive a FREE plant seedling from Holly Hill Farm, donated by Keohane Funeral Home.

Friday, May 27 at 2:00 PM

Kennedy Senior Center, 440 E. Squantum St., Quincy
Please RSVP: events@keohane.com or 1-800-KEOHANE

Help Neighbors Overcome Food Insecurity

Grow a row to share to help feed your community, or donate purchased produce at local food pantries. Learn more on their websites:

Weymouth Food Pantry – Weymouth

<https://www.weymouthfoodpantry.org/donate-food>

Interfaith Social Services – Quincy

<https://interfaithsocialservices.org/donate-food/>

**PLANT.
GROW.
SHARE.**

a fresh food initiative
for food pantries



Once it's time to harvest, keep some for yourself and donate a portion to the **Weymouth Food Pantry, Interfaith Social Services or Milton Community Food Pantry** to help local residents in need.

For more information call: (800) KEOHANE . Keohane.com

Follow us on Facebook @ KeohaneFuneralHome
for program updates, recipes and gardening tips.

785 Hancock St., Quincy, MA 02170

Quincy Softball Defeats North Quincy, 17-5

The Quincy Presidents defeated North Quincy in softball Monday night. The final score was 17-5.

Erin Davies had seven strikeouts on the mound for the Presidents.

Quincy's offense was paced by Emma Glavin (4 for 4, 2B, 4 RBI); Kate Downey (2 for 4, 2B, 3 RBI, 2 R, 3 SB); Cady Hansbury (2 for 2, 4 RBI, 1 R, 1 SB); and Maggie Lynch (2 for 3, 3B, 2 RBI, 3 R).

With the win, Quincy improved to 5-11. North Quincy dropped to 2-11.

OBITUARIES

Joseph H. Mulligan, 94

Joseph H. Mulligan, age 94, a lifelong resident of Quincy, died peacefully, Thursday, May 12, 2022, in the comfort of his home, surrounded by his loving family.

Joseph was born in Quincy, to the late James and Helen (Ferriter) Mulligan. Raised in Quincy, he was a graduate of the former Saint Mary's Elementary School and Quincy Trade School, Class of 1945. He earned his Bachelor's degree in Education from the former Boston State College.

Joe was a World War II veteran having served in the United States Army.

A master plumber, Joe was a proud member of Plumbers Local 12 for over seventy years and had served as president. Joe was also employed as a trades teacher in the Boston Public Schools for thirty years.

Joe was a longtime active parishioner of Saint Mary's Church in West Quincy. He was an avid reader. Most of all, Joe was devoted to his family. He relished spending time with them, and supporting their many activities and accomplishments.

Beloved husband for seventy-two years of Mary C. (Mangan) Mulligan.

Devoted father of Maureen Penta and her husband Charles of Allenhurst, N.J., Joseph E. Mulligan and his wife Linda of Braintree, Patricia Mulligan Flaherty and her husband Brian of Norwell, Kevin Mulligan and his wife Bonnie of Quincy, Anne Mulligan Mahoney and her



JOSEPH H. MULLIGAN

husband Kevin of Quincy, and the late Helen A. Mulligan.

Loving grandfather of eleven and great grandfather of eight.

One of six siblings, he was the dear brother of Mary A. DePaulo of Quincy and was predeceased by Helen McKenna, Irene Schoaf, James Mulligan, and John Mulligan.

Joe is also survived by many nieces, nephews, and their families.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Wednesday, May 18, from 4 - 7 p.m. Relatives and friends are invited to attend.

A Funeral Mass will be celebrated at Divine Mercy Parish in Saint Mary's Church, 95 Crescent St., West Quincy, on Thursday, May 19, at 10 a.m. Interment, with military honors, to follow at Pine Hill Cemetery, West Quincy.

For those who wish, donations in Joseph's memory may be made to the charity of your choice.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Nancy E. Strout, 79

Nancy E. (Callahan) Strout, age 79, a lifelong Quincy resident, died peacefully, Sunday, May 15, 2022 at South Shore Hospital in Weymouth, surrounded by her loving family.

Nancy was born in Quincy, to the late William H. and Harriet M. (Libby) Callahan. Raised and educated there, she was a graduate of North Quincy High School, Class of 1959.

She began her career working as a secretary for the former New England Telephone Company. Nancy then became a devoted homemaker. In addition, she worked in food service at the former Quincy City Hospital for many years.

Nancy also worked at the former Winfield House Gift Shop in Quincy. Her late husband, Loren W. Strout, and his family were the owners and operators of the former Winfield House Restaurant, the President City Motel, and Winfield Christmas Tree Lot.

She was a food shopping enthusiast and enjoyed cooking. Nancy was the devoted guardian of her late shih tzu, Henry. Most of all, her passion was for her family, actively supporting all their many activities and accomplishments.

Beloved wife of the late Loren W. Strout.

Devoted mother of Amy E. Strout of Quincy, Adam W. Strout and his wife Kelsey



NANCY E. STROUT

Montgomery of Stoneham, Brian W. Strout and his wife Kerri of Quincy, and Julie A. Hartmann of Brockton.

Loving grandmother of Emily Hartmann, Gregory Hartmann, and twins, Lena and Nell Strout.

Nancy was the dear sister of William Callahan of Hingham and is also survived by many nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Thursday, May 19, from 4 - 7 p.m. Relatives and friends are invited to attend. Funeral Services will be conducted at the funeral home on Friday, May 20, at 10:30 a.m. Interment to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Nancy's memory may be made to Quincy Veterans Services, 24 High School Ave, Quincy, MA 02169.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Patricia Naumann, 62

Patricia Naumann was born April 18, 1960. She was 62 years old. Raised in Dorchester she spent 50 years living in the Germantown section of Quincy.

Patricia is survived by her four siblings Ricky Dickenson, Deborah Dickenson, Marilyn Brewster, and Lillian Cook. Loving mother of her five children Deborah Gabriel, Kenneth Naumann, John Naumann, Eddie Naumann, and Kaitlyn Naumann. Cherished grandmother of Justin Gabriel, Joshua Gabriel, McKenzie Naumann, Yvana Gabriel, and Jack McLeod.

She loved spending time with her friends and family, enjoying a good cup of coffee, and watching movies. She will be remembered as a devoted Mother, Sister, and Friend who was completely authentic and with an incred-



PATRICIA NAUMANN

ible sense of humor. She was everyone's mother in Germantown.

She is always in our thoughts, but forever in our hearts.

Visiting hours were held May 14, 2022 at the Hamel Lydon Chapel and Cremation Service of MA, 650 Hancock St., Quincy, followed by a wake service.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Pine Hill Cemetery Plan Approved

By SCOTT JACKSON

City councillors on Monday evening gave final approval to a proposed \$16.4 million expansion of Pine Hill Cemetery in West Quincy, a project that is projected to create enough burial spaces to last two decades.

Councillors voted 6-1 to approve Mayor Thomas Koch's request to borrow \$16.4 million to pay for the cost of the project. Councillor Nina Liang voted against the bond and Ward 4 Councillor Brian Palmucci voted present. Councillor Anne Mahoney was not at the meeting. Six votes is the minimum required for a bond to pass.

The council's finance committee on May 9 voted 5-2 in favor of giving the bond request a positive recommendation, with Liang and Mahoney voting in opposition. Palmucci and Ward 2 Councillor Anthony Andronico were not at last week's meeting.

Koch had proposed creating 13,000 new interment and inurnment spaces within Pine Hill Cemetery as part of the \$16.4 million project. The project will also include the construction of a new welcome center and office building in the vicinity of the Willard Street entrance to the cemetery, a new gathering area with a pergola and benches, and enhancements to the existing veterans' section.

David Murphy, the city commissioner of natural resources, said the project would be self-funding,

meaning revenue generated from the sale of burial lots, cremation niches and associated fees would pay for its cost.

"Our goal for the project...was not only to create valuable interment space for Quincy residents that could last the next two decades, but also to make it a self-funded project with revenues generated from the sale of lots and other associated fees," Murphy said during the May 9 committee meeting.

Murphy said the sale of burial lots and cremation niches, together with associated fees, would generate \$24.16 million based upon current fees; the Cemetery Board of Managers, which sets those rates, could increase them in future if needed.

The city will pay back the \$16.4 million bond taken out for the project over a 20-year period, Murphy said. With interest, the city will pay \$23.45 million on the bond over that period, he stated, resulting in a revenue surplus of \$500,000.

The city on April 15 opened the bids for the expansion of the cemetery; as of May 9, the city had yet to go to bid for the new welcome center. The low bid for that work, which had been estimated to cost \$12.75 million, came in at \$16.485 million, submitted by C. Naughton.

To reduce the overall project cost, the city began value engineering the project after the bids were

Cont'd On Page 29

In Loving Memory of Linda D. Marsney

May 19, 2021



Not a single moment passes when
You are not missed by us all.
You will always live in our hearts,
shining down and guiding us to be kind.

-Nicky Marsney, Kids
& Grandchildren

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Council OKs Wollaston Center Urban Renewal Plan

Cont'd From Page 27

A citizens advisory committee was formed as part of the planning process for the Wollaston revitalization district.

During Monday's public hearing, Tim Cahill, the president of the Quincy Chamber of Commerce and the chairperson of the citizens advisory committee, said the expedited permitting process, higher density development, and the DIF program to allow public infrastructure improvements,

were all important to the committee. Cahill said that adequate parking should be a priority in projects going forward and that independently owned businesses should be prioritized for retail space.

"The entire citizens advisory committee...are 100 percent in favor of this and want me on their behalf to express that so we can move forward with this," Cahill said.

Jo-Ann Bragg, a member of the citizens advisory

committee and a former School Committee member, also spoke in favor of the plan on Monday. She said the committee has discussed the idea of building a senior center or community center in the area.

"It would be nice to be able to have one in there," Bragg said.

Also speaking at the public hearing was Rocky Chan, a Wollaston resident. Chan said he supported the proposal but was concerned about what would happen

to small businesses who operate in the area as well as traffic and parking in the surrounding neighborhoods.

"I approve of it, but I have some concerns," Chan said.

Ward 1 Councillor David McCarthy called the Wollaston urban renewal plan, "another great job in the chapter of revitalizing the city of Quincy."

"I think it's all positive things," he said.

Councillor Nina Liang said the plan for Wollas-

ton Center was years in the making and called it exciting. She credited the Planning Department for its outreach to residents and business owners in the area, including those who do not speak English as their first language.

"I think all of us know that the bulk of that area are AAPI-owned businesses with a lot of folks who may not speak English as a second language," Liang said. "The fact that you all have really embraced that and provided

engagement opportunities in multiple languages is so important to me and I just want to start by saying I am very grateful for that, and I know you are continuing that effort as well."

Following the meeting, Liang noted the Planning Department and Quincy Asian Resources Inc. provided live translation services during Monday's meeting and would continue to do so at future meetings related to the Wollaston URP going forward.

Pine Hill Cemetery \$16M Expansion Plan Approved

Cont'd From Page 28

opened. Several changes were made as a result, including the elimination of a committal building near the Chickatawbut Road entrance.

Other changes to the project include the replacement of granite curbing with asphalt berms, though granite will still be used for ramps, catch basins and parking areas; reductions

to the landscaping plan and replacement of many trees with shrubs; using a different method to repair the existing roads within the cemetery; changing many of the retaining walls to pre-

cast concrete blocks; and changing granite pavers in most sections to stamped concrete.

The finance committee had first met on April 4 to review the expansion

project. At that time, Scott Salvucci, a project manager with the firm Woodard & Curran, said construction could begin before Memorial Day and should be substantially complete by November 2023, though final paving may not take place until the following spring.

Lots at Pine Hill are currently only sold on an as-needed basis but will be

made available on a pre-need basis as a result of the project. Murphy said those sales could begin later this year and the lots should be in high demand.

"I think there will be a tremendous demand out there, especially because this is really the last spot that the city has for cemetery space," he said at the April 4 meeting.

Municipal Light Plant Clears First Hurdle

Cont'd From Page 26

nounced that the city would be working with EntryPoint Networks to study the concept.

Under the model the city of Quincy is following, the city would not act as an internet service provider, or ISP, once the new fiber-optic network is installed. Rather, the city will open up the infrastructure to other ISPs, giving participating residents and businesses the

chance to pick and choose who they get internet service from.

The plan Quincy is pursuing is based on a model first used in Ammon, Idaho, which EntryPoint Networks helped develop. Ammon's fiber-optic network was hailed by Fast Company, a business magazine, as the best fiber-optic network in the nation in 2019.

As part of the plan to develop a fiber-optic network

in Quincy, EntryPoint Solutions and the city surveyed residents to gauge their interest. Jeff Christiansen of EntryPoint Networks told city councillors in December 2020 that 10,000 residents responded to the survey, 80 percent of whom said they were interested in participating in the municipal broadband program.

That same survey showed residents currently

pay \$90 a month for internet service on average, Christensen said. If Quincy were to create a municipal broadband network, he said the cost for basic internet service could be in the range of \$48 to \$55.

Comcast is currently the only provider of broadband internet in Quincy. Verizon offers DSL service, which is an older technology, but not its high-speed Fios network.

LEGAL NOTICE

ALL POLICE ORDERED OR ACCIDENT TOWS

(Sale of Motor Vehicle under G.L. c. 255, Section 39A)
Notice is hereby given by: Schlager Auto Body Repair, 299 Centre St., Quincy, MA

pursuant to the provisions of G.L. c.255, Section 39A, that on Saturday, June 4, 2022 at 8:00A.M. at 299 Centre St., Quincy, MA 02169 A Public Sale of the following Motor Vehicle will be sold to satisfy the garage-keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle.
Description of Vehicle: 3GYFNAE37CS573344 Cadillac SRX 2012, FL QWBI34
Name and address of owner of vehicle: Michael Ingoldsby, 6097 Victory Drive, Ava Maria, FL 34142
By: James Schlager

This notice has been given under the provisions of G.L. c.255, Section 39A
5/19, 5/26, 6/2/22

LEGAL NOTICE

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Description of Vehicle: 5UXFG8C55ALZ94560 2010 BMW X6
Name and address of owner of vehicle: Alexandria Mosley, 80 Fenwood #312, Boston, MA 02115
By: James Schlager
This notice has been given under the provisions of G.L. c.255, Section 39A
5/19, 5/26, 6/2/22

The Atrium At Faxon Woods Earns 'Best' Status

Out of the more than 250 assisted living communities in Massachusetts, The Atrium at Faxon Woods, a Benchmark Mind & Memory Care community, has been selected as one of the best in the commonwealth by U.S. News & World Report.

The Atrium at Faxon Woods earned "Best" sta-

tus by achieving the highest possible rating for memory care in U.S. News & World Report's inaugural Best Senior Living ratings following a comprehensive consumer satisfaction survey. The Atrium's residents and family members gave the community high marks in critical areas, such as overall value, management and

staff, resident enrichment, dining and food, safety, transportation, maintenance, housekeeping and location.

The Atrium at Faxon Woods offers specialized assisted living with memory care for those who would benefit from a safer, engaging environment, chef-prepared meals, supportive living services, transpor-

tation and assistance with daily activities, such as getting dressed and medication management. Memory care assisted living residents enjoy connecting over programs and amenities offered in many common spaces including spacious living areas, a recreation room, formal dining room, hair salon and a secure outdoor courtyard with walking paths and a gazebo.

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BBB Warns Of Online Baby Formula Scams

By BETTER BUSINESS BUREAU
Shortages in the supply of baby formula are leading new moms to find other ways of finding the much-needed item - and risking

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P1152EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Beverly G. Dwyer
Date of Death:
12/12/2021

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Elizabeth Balser of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Elizabeth Balser of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 06/08/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 6, 2022
COLLEEN M. BRIERLEY
Register of Probate

5/19/22

themselves to potential online scams. The U.S. Food and Drug Administration announced it is taking proactive measures to increase supply to help ease the shortage.

According to the 2021 BBB Scam Tracker Risk Report, online shopping scams are the riskiest. With the current supply issues on many items, including formula, scammers are watching.

How it works

An ad, post, or social media group posts they have baby formula available. The buyer contacts the seller via chat or direct message, showing photos of the cans available. The buyer makes a payment through a peer-to-peer platform such as PayPal (a BBB Accredited Business) or Venmo (a BBB Accredited Business), but the formula never arrives.

Signs of a potential online purchase scam include:

- Positive reviews on the website that have been copied from honest sites

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO22P1002EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Bernice A. McDonald
Also Known As:
Bernice McDonald
Date of Death:
October 27, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner Michael D. McDonald of Quincy, MA.

a Will has been admitted to informal probate.

Michael D. McDonald of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

5/19/22

or created by scammers. Be aware, some review websites claim to be independent but are funded by scammers. Check BBB.org.

- No indication of a brick-and-mortar address or the address shows on a Google map as a parking lot, residence, or unrelated business than what is listed on the website.

- Misspellings, grammatical errors, or other descriptive language that is inconsistent with the product.

- The seller advertises on a social media site and is communicative until the payment is made. Once the payment clears, they are unreachable.

Check out the website before making a purchase:

- Visit BBB.org to check a business's rating and BBB accreditation status. Impostors have been known to copy the BBB seal. If it is real, clicking on the seal will lead to the company's BBB profile on BBB.org - check the domain of the URL.

- Conduct an internet search with the company name and the word "scam." This may locate other complaints about the site.

- Make a note of the website where the order is placed. Take a screenshot of the item ordered, in case the website disappears, or a different item is received in

LEGAL NOTICE

DIVORCE/SEPARATE SUPPORT SUMMONS
Docket No. SU21D1209DR

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Suffolk Probate and Family Court
24 New Chardon Street
Boston, MA 02114
(617) 788-8300

Evelyn Nosa-Lachance vs. Patrick Lachance

To the above named Defendant:

You are hereby summoned and required to serve upon: Evelyn Nosa-Lachance
289 Huntington Ave.
Apt. 2
Hyde Park, MA 02136

a copy of your answer to the complaint for AMENDED Divorce Filed on 04/08/2022 which is herewith served upon you, within 20 days after service of this summons upon you, exclusive of the day of service. If you fail to do so, the Court will proceed to the hearing and adjudication of this action. You are also required to file your answer to the complaint in the office of the Register of this Court at the above named court either before service upon plaintiff or plaintiff's attorney or within a reasonable time thereafter.

WITNESS, Hon. Brian J. Dunn, First Justice of this Court.

Date: May 9, 2022
FELIX D. ARROYO
Register of Probate

5/19/22

the mail than what was advertised.

- Credit cards often provide more protection against fraud than other payment methods.

- **Think before you click.** Be especially cautious about email solicitations and online ads on social media sites.

Report suspected online shopping fraud to:

- **Better Business Bureau** - file a complaint at BBB.org or report a scam at BBB.org/scam-tracker.

- **Federal Trade Commission (FTC)** - file a complaint at reportfraud.ftc.

gov or call 877-FTC-Help.

- **National Intellectual Property Rights Coordination Center** - report intellectual property and counterfeiting violations to iprcenter.gov/referral/view.

- **Internet Crime Complaint Center (IC3)** - file a complaint at ic3.gov/complaint.

- **Canadian Anti-Fraud Centre** - file a report at antifraudcentre-centreantifraude.ca or call 1-888-495-8501.

- **Facebook** - report ads that violate Facebooks policies by clicking the *** next to an ad to go to facebook.

com/business/help.

- **Instagram** - report copyright infringement or other policy violations at help.instagram.com.

- **Amazon** - report suspicious activities and webpages at Amazon.com.

- **Google** - report scams at Google.com.

- **PayPal** - call (888) 221-1161 to speak with a live person instead of using an automated system if you receive an item that is not as advertised.

- **Credit card company** - Call the phone number on the back of the credit card to report the fraud and request a refund.



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Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:

S.A.L. Squadron 294
81-83 Liberty St.
Quincy, MA 02169

For more information or to order, call 617-407-1841

CountryFest On The Common Highlights



THE CITY OF QUINCY presented CountryFest on the Hancock-Adams Common Sunday featuring an array of country music performers as well as county line dancing lessons and prizes for best cowboy and cowgirl outfit. Among the performers was Daniel Miller (above). From Knoxville, TN, Miller has opened for various national acts throughout the United States.



AK CODY - a Nashville singer with award-winning performances - also performed at CountryFest on the Common.



HOUSTON BERNAND, an Army veteran from Oklahoma who is also an independent country music recording artist, greets the crowd as he's introduced by CountryFest host John McDonald (right).



ANNIE BROBST shares a moment with one of her fans - William DelMonte - at Sunday's CountryFest on the Common. Brobst is this year's New England Music Awards' Overall Act of the Year, Country Act of the Year, and Song of the Year winner.



ANNIE BROBST performs one of her hit songs at CountryFest on the Common Sunday at the Hancock-Adams Common.



ATTENDEES at Sunday's CountryFest on the Common enjoy some line dancing.

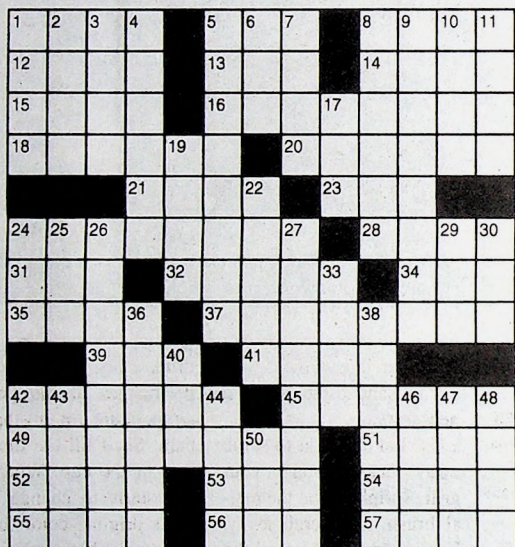


COUNTRYFEST on the Common host John McDonald greets the crowd at this year's country music festival held at the Hancock-Adams Common in Quincy Center.

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Battery fluid
 - 5 Sandwich meat
 - 8 Barks
 - 12 Leaf
 - 13 Out — limb
 - 14 Ganges wrap
 - 15 Warner —
 - 16 Naughtiness
 - 18 Flashing disco light
 - 20 Trumpet's cousin
 - 21 Legal wrong
 - 23 Wee dollop
 - 24 Sushi bar
 - 28 NYC gallery
 - 31 Dos Passos trilogy
 - 32 Fizzy drinks
 - 34 Bankroll
 - 35 Humorist Sahl
 - 37 Chooses the wrong actor
 - 39 Prattle
 - 41 Unpaid TV spots (Abbr.)
 - 42 John of "Full
- House"**
- 45 Morals
 - 49 Blunders
 - 51 "Damn Yankees" vamp
 - 52 Celestial bear
 - 53 Hosp. section
 - 54 McGregor of film
 - 55 Euclidean subj.
 - 56 Burst
 - 57 Orange veg-gies
- DOWN**
- 1 LAPD alerts
 - 2 Shopper's aid
 - 3 Mr. Stravinsky
 - 4 Explorer Hernando
 - 5 Where the school day starts
 - 6 Blackbird
 - 7 Fern. counter-part
 - 8 Hindu retreat
 - 9 Colorful arcs
 - 10 Gratis
 - 11 Winnow
 - 17 Massachusetts cape
 - 19 Pear choice
 - 22 Dutch bloom
 - 24 Silent
 - 25 Equal (Pref.)
 - 26 Sea of the North Atlantic
 - 27 Refuses, as an offer
 - 29 Wrestling surface
 - 30 Billboards
 - 33 "Shoo!"
 - 36 Large gong
 - 38 Actress Judd
 - 40 Fluffy neck-piece
 - 42 Overconfident
 - 43 Lose energy
 - 44 Omit
 - 46 Hawkeyes' home
 - 47 Chowder morsel
 - 48 Without
 - 50 Author Umberto



REMOVE THE MAGIC MAZE ● A'S TO MAKE A NEW WORD

ENHENBYWTROLJGE
BYIWUORPNKIGDBZ
RXVASWIQOMKIGEC
EAYLHBWTUBSQPDR
ANLEACJGAHLRFEE
CFAILINGSCEONTD
TTTCAIRUYXIAAAI
OEWVYUSEAQODPTA
RNMAKJHFPLESEOR
CBLZIYXVUMTRQRP
OMLKINHGGNIYARP

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: A NUCLEAR —

Baiter	Imperial	Praying	Rotated
Bloat	Launch	Predication	Twain
Chain	Laying	Raider	Wheat
Failings	Loaner	Roads	

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Sun is missing. 2. Arm patch is missing. 3. Camera cord is shorter. 4. Stick is shorter. 5. Ear flap is missing. 6. Stripe is missing.

Trivia test

- by Fifi Rodriguez
1. GEOGRAPHY: Which country in Africa is the largest in land area?
 2. MUSIC: What was the original name of the punk rock band Green Day?
 3. U.S. PRESIDENTS: Which president formally declared the executive mansion to be the White House?
 4. ART: In which major city would you find the Tate Modern museum?
 5. MYTHOLOGY: What is the name of the Greek goddess of revenge?
 6. U.S. STATES: Which state is the only one that doesn't have a mandatory

seat belt law?

7. MOVIES: What is the Dude's favorite drink in "The Big Lebowski"?
8. FOOD & DRINK: What is albumen?
9. MEDICAL: What is a more common name for a transient ischemic attack?
10. ANIMAL KINGDOM: What is an ibex?

Answers

1. Algeria
2. Sweet Children
3. Theodore Roosevelt
4. London, England
5. Nemesis
6. New Hampshire
7. White Russian
8. Egg white
9. Mini-stroke
10. A wild goat

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Wishing Well®

5	8	4	5	2	8	4	8	5	8	4	7	5
I	Y	Y	N	C	O	O	U	I	A	U	E	T
8	5	3	5	7	6	5	6	3	6	5	6	4
R	I	L	A	N	S	T	M	O	O	E	O	A
7	6	7	3	2	7	8	4	7	4	6	4	8
E	T	R	V	L	G	E	R	Y	E	H	T	C
2	4	7	5	3	6	3	5	2	8	5	6	8
E	H	R	N	E	S	G	E	V	O	W	A	N
4	6	7	2	4	2	6	8	2	5	8	5	8
E	I	E	E	S	R	L	T	I	L	E	O	N
4	5	2	3	6	4	3	4	8	4	2	7	6
T	V	D	R	I	A	O	N	T	D	E	N	N
7	2	6	5	7	4	7	3	4	7	4	2	3
E	A	G	E	W	A	E	W	R	D	D	S	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) You might have to turn your Arian charm up a few degrees if you hope to persuade that persistent pessimist to see the possibilities in your project. Whatever you do, don't give up.

TAURUS (April 20 to May 20) A "tip" about a co-worker's "betrayal" might well raise the Bovine's rage levels. But before charging into a confrontation, let an unbiased colleague do some fact-checking.

GEMINI (May 21 to June 20) Although a relationship still seems to be moving too slowly to suit your expectations, it's best not to push it. Let it develop at its own pace. You'll soon get news about a workplace change.

CANCER (June 21 to July 22) A continually changing personal situation makes you feel as if you're riding an emotional roller coaster. But hold on tight; stability starts to set in early next week.

LEO (July 23 to August 22) Believe it or not, someone might dare to say "No!" to the Regal One's suggestion. But instead of being miffed, use this rebuff to recheck the proposition and, perhaps, make some changes.

VIRGO (August 23 to September 22) You might find it difficult to make a decision about a family matter. But delay can only lead to more problems. Seek out trusted counsel and then make that important decision.

LIBRA (September 23 to October 22) Concentrate your fo-

cus on what needs to be done and avoid frittering away your energies on less-important pursuits. There'll be time later for fun and games.

SCORPIO (October 23 to November 21) Although the conflicts seem to be letting up, you still need to be wary of being drawn into workplace intrigues. Plan a special weekend event for family and/or friends.

SAGITTARIUS (November 22 to December 21) Your quick wit helps you work through an already difficult situation without creating more problems. Creative aspects begin to dominate by the week's end.

CAPRICORN (December 22 to January 19) Be patient. You'll soon receive news about a project that means so much to you. Meanwhile, you might want to reconsider a suggestion you previously turned down.

AQUARIUS (January 20 to February 18) There are still some aspects about that new job offer you need to resolve. In the meantime, another possibility seems promising. Be sure to check that out as well.

PISCES (February 19 to March 20) Opening up your emotional floodgates could leave you vulnerable to being hurt later on. Watch what you say, in order to avoid having your words come back to haunt you.

BORN THIS WEEK: You're usually the life of the party, which gets you on everyone's invitation list. You also have a flair for politics.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: W equals M

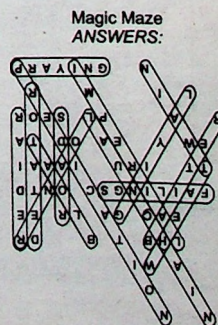
X'W TICDEWXPB SZC QMYFIXSC
WEDXGMV GMSCBFIL FQ WMPL
DSCTQMSZCID XD TIFOMOVL
MVSCIPMSXYC TFT.

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King Crossword — Answers

Solution time: 22 mins.

S	W	A	L	F	O	D	M	O	E	G
N	V	M	E	N	C	O	I	V	S	U
V	I	O	L	E	K	V	I	L	S	I
S	C	I	H	I	E	S	O	M	V	L
S	V	S	F	B	V	G				
S	I	S	V	O	S	I	L	R	O	W
O	V	M	S	V	T	O	C	V	S	N
V	W	O	W	F	N	O	S	O	S	I
B	V	D	I	H	O	L				
J	E	N	R	O	C	E	B	O	R	T
E	I	H	O	S	I	W	S	O	B	R
A	R	I	V	S	A	N	O	G	B	A
A	R	F	S	A	M	H	A	D	I	C



alternative pop. stepfathers is probably musical category or many I'm presuming the favorite

CryptoQuip answer

Super Crossword

COUNTRY
MUSIC

ACROSS

- 1 Charbusters
8 Farthest point in an orbit
14 Uncommon
20 Salary reductions
21 Child raiser
22 Add insult to injury, maybe
23 Question in 1 Corinthians 15:55
26 Europe-Asia border river
27 Wood splitter
28 Ski lift part
29 Prefix with lock
30 Supplicate on behalf of
35 — polloi (commoners)
37 Sermon topic
38 Suffix with Sudan
39 Massage
40 Old booming jet, for short
41 "— changed man!"
43 Designer Geoffrey
45 Salon colorists
47 "Is this actually happening?"
50 Oviedo locale
53 Situated over
56 Brine source

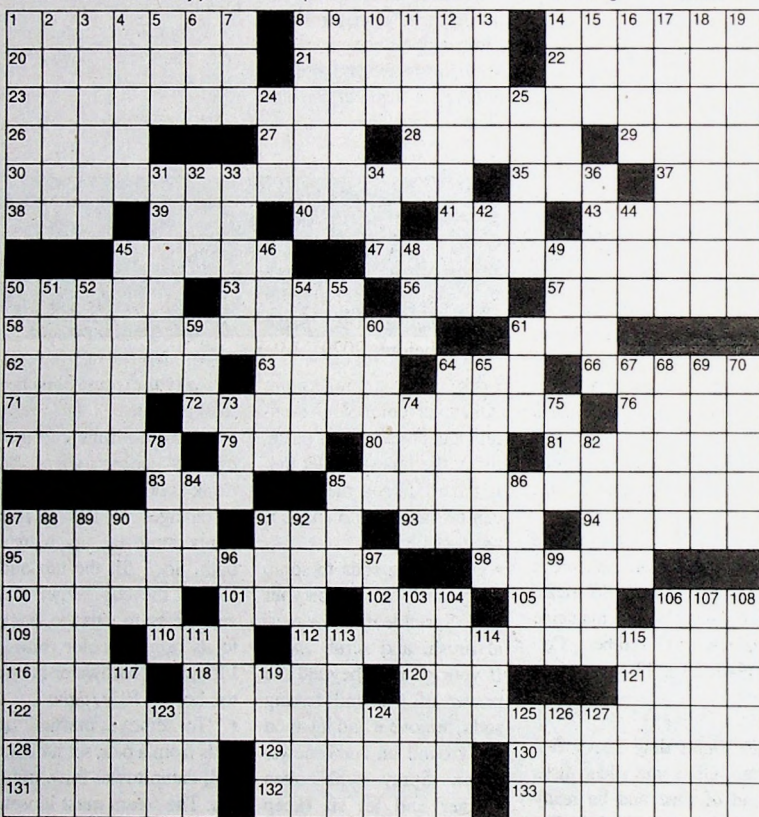
- 57 New Hampshire academy
58 "I'm going through the same thing!"
61 Shipping charge, e.g.
62 Steering part on a ship
63 Long (for)
64 Vikings' org.
66 Refusing to be cheerful
71 Regarding
72 Agree
76 Pop's mom
77 Actress Amy
79 SSNs, e.g.
80 Pressing tool
81 Fig treat from Nabisco
83 Seeming eternity
85 DNA-studying partner of James Watson
87 "My turn is coming right up"
91 He KO'd many rivals
93 Ball — hammer
94 Forrest Gump player
95 "Quantum Leap" actor
98 Bend down
100 Abrupt
101 Body pouch

- 102 Secretive U.S. gp.
105 She bleats
106 Part of UCLA
109 33rd prez
110 Restaurant bill addition
112 Crucial component
116 Long (for)
118 Boyfriends, in Paris
120 Dir. opposite 7-Down
121 Viking org.
122 Tune whose opening lyric, and lyricist, begin eight answers in this puzzle
128 Motion detector part
129 Agee of the old Mets
130 Small eating alcove
131 Waiters take them
132 Like training at the location itself
133 Occupy fully

- 4 La — (Milan opera house)
5 Crude abode
6 Biblical verb suffix
7 NYC-to-Miami dir.
8 High points
9 Peeling tools
10 Raw metal
11 Allstate rival
12 Put into a hall of fame
13 Kett of old comic strips
14 — Gyra (jazz fusion band)
15 Prefix with gender
16 Utah ski spot
17 Slide in again
18 Go on with
19 Train operator
24 Barn feed
25 Cymbal pair in a drum kit
31 Nathaniel Hawthorne's Hester
32 Feel remorse over
33 James — Garfield
34 Consumer protection agcy.
36 Wild Alpine goats
42 Soccer great. Hamm

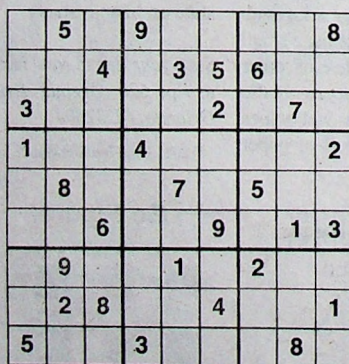
- 44 Summer, in Soissons
45 Royal crown
46 Worried
48 E-cig's lack
49 Busy insect
50 Its capital is Damascus
51 16 ounces
52 Lindley of "The Ropers"
54 NYC stage awards
55 Small bunch of flowers
59 Spock and Seuss: Abbr.
60 Alternative to "his" or "her"
61 Go by plane
64 Nary a soul
65 Backyard borders
67 Open, as a present
68 Language of "mea culpa"
69 Be a rapper?
70 BoSox rivals
73 Freud's "one"
74 Ensnare
75 "Cannon" has three
78 The Brady kids, e.g.
82 Restated
84 Gambling parlor, briefly
85 Chick — A
86 Prefix with lock
87 "No kidding?"

- 88 Artist known for illusions
89 Boston area with the Paul Revere statue
90 UFO crew
91 Alias abbr.
92 Find by chance
96 In line with
97 One or more
99 Be indebted
103 "Belt out that tune!"
104 She founded the U.S. Shakers
106 Crude abode
107 First phases
108 Long looks
111 Letter-shaped girders
113 PSATs, e.g.
114 "No kidding!"
115 Deep-seated
117 To be, to Claudius
119 Regarding
123 Blue Jays, on scoreboards
124 Abbr. for someone with only one given name
125 34th prez
126 Firewood box
127 Repub. west of Zambia



Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

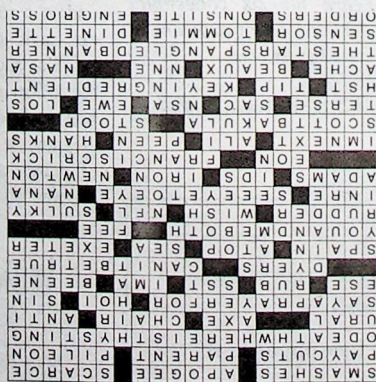
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

1. Shrink, Shine
2. Ample, Amble
3. Tiber, Tibet
4. Marvin, Martin
5. Porch, Pouch
6. Bolder, Border
7. Judge, Nudge
8. Danger, Dancer
9. Brink, Brick
10. Insert, Invert

celebrity
extra
by Dana Jackson

Q: I've been watching the miniseries "Under the Banner of Heaven" on FX. All the actors are top-notch. Can you tell me about the lead actress who plays Brenda? Also, who plays detective Pyre's wife in the movie? She looks just like Kirsten Dunst, but I didn't see her name in the opening credits. — S.S.

A: A relative newcomer to American audiences, Daisy Edgar-Jones is an English actress, but 2022 is definitely her year. Just 23 years old, she has that star quality that should soon make her a household name. In addition to playing the lovely and charming yet stubborn Brenda in "Under the Banner of Heaven," she can be seen as the lead in the upcoming film "Where the Crawdads Sing," based on the best-selling novel of the same name. If you have Hulu, you can also watch her in another series, "Normal People," which is set in Ireland. Rebecca Pyre, wife of Andrew Garfield's Detective Pyre, is played by Adelaide Clemens. She does bear a strong resemblance to Dunst, but she's an Australian actress with an impressive list of credits. Most notably, she played Tawney Talbot in another heart-

wrenching drama, "Rectify," which aired on Sundance TV from 2013 to 2016.

Q: Are they going to broadcast the Daytime Emmys this year? I remember watching it and the Soap Opera Digest Awards all the time when I was growing up. — J.K.

A: Yes, the 49th Annual Daytime Emmy Awards will air live on CBS at 9 p.m. ET on Friday, June 24. It also will be available for streaming through Paramount+. All four of the remaining daytime soaps ("The Young and the Restless," "The Bold and the Beautiful," "Days of Our Lives" and "General Hospital") have been nominated for Outstanding Drama Series. Other categories cover daytime talk shows, game shows and children's programming.

Q: I was shocked and saddened to hear about singer Naomi Judd's death to suicide recently. How many children did she have, and was she married at the time she passed? — D.L.

A: Country music star Naomi Judd was born Diana Ellen Judd in a Kentucky coal-mining town. She had a tough childhood with an alcoholic father, and she suffered sexual abuse by another relative. She had both physical and mental illness as an adult in the form of hepatitis C and crippling depression. Naomi had the voice of an angel and had two beautiful, talented daughters, singer Wynonna and actress



Daisy Edgar-Jones in "Under the Banner of Heaven"

Photo credit: FX

Ashley. She also left behind a husband, Larry Strickland, a former backup singer for Elvis Presley whom she married in 1989.

The day after Naomi died at age 76, her daughters accepted the already planned honor of their mother's induction into the Country Music Hall of Fame in Nashville. The Judds were supposed to embark on a farewell tour beginning in September. According to a source for People magazine, the family will meet to see if they can "proceed [with the tour] in an obviously different incarnation. They want to be respectful of their legacy but, more importantly, as to what Naomi would have wanted."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

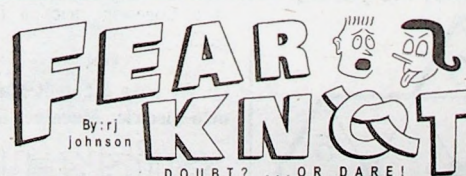
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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-------------|---------------------|-------------|
| 1. Reduce in size | — — — — — K | Memorial | — — — — — E |
| 2. Plenty | — — — — — P | Saunter | — — — — — B |
| 3. Italian river | — — — — — R | Nepal's neighbor | — — — — — T |
| 4. "Cat Ballou" actor | — — — — — V | Director Scorsese | — — — — — T |
| 5. Veranda | — — — — — R | Kangaroo's pocket | — — — — — U |
| 6. More daring | — — — — — L | State line | — — — — — R |
| 7. Courtroom official | J — — — — — | Poke with the elbow | N — — — — — |
| 8. Peril | — — — — — G | Ballerina, e.g. | — — — — — C |
| 9. On the very edge | — — — — — N | Adobe block | — — — — — C |
| 10. Put inside | — — — — — S | Turn inside out | — — — — — V |

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- BPU
OARBEE
♥EUPER
TYIP
FRYAIT
♥RFO
PYLE
♥BOTRA
♥EPR
BOUPLE
OLYRA
TEYB

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

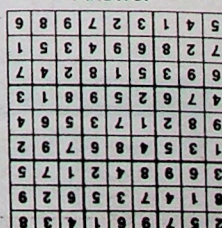


answer



Weekly SUDOKU

Answer



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Amber Waves



by Dave T. Phipps

Out on a Limb

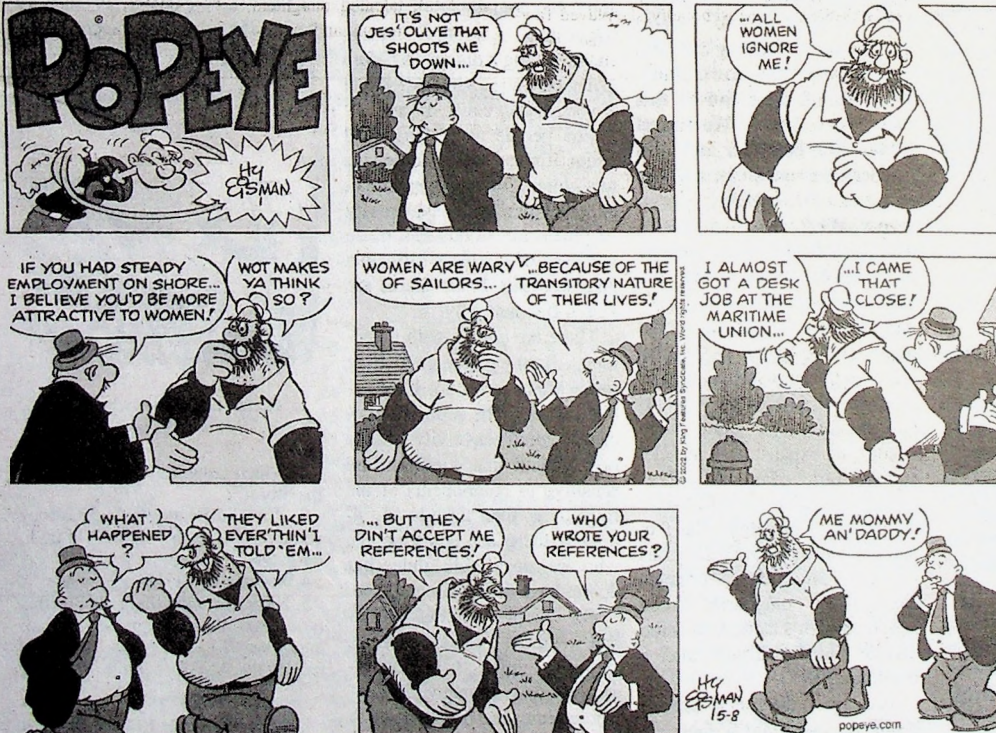


by Gary Kopervas

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Rift
SCHAM
Fine
LACER
Legend
BAFEL
Whisker
BLISTER

TODAY'S WORD

"I wish your mother would stop referring to me as her son-in-law,

the

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	6	3	4	1	5	6
6	3	5	4	7	6	1
7	4	1	4	2	4	3
7	7	7	2	3	6	5
4	5	7	6	1	1	1
2	1	7	3	6	2	4
5	6	2	1	4	7	6

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Veterinarian Wait Times Keep Getting Longer

DEAR PAW'S CORNER: I've been waiting more than three months to get my dog "Maisie" in for a regular checkup and shots. The veterinarian's office says they are running behind and had to delay her appointment. Talking to a friend across the country this week, I learned that they are waiting months to get their pets to the vet as well. Is this a national trend? - Cheryl K.

DEAR CHERYL: Unfortunately, it is, especially in major metropolitan areas. The wait for a vet appointment was already lengthening before 2020. After months of waiting, pet owners are all trying to get caught up on checkups and vaccinations. Many more people adopted pets during the lockdown in 2020 to

keep them company. And many pandemic restrictions, such as building occupancy limits, are still in place. Add to this a chronic shortage of veterinarians - an industry that sees some 2,000 vets leaving every year, citing a poor work-life balance. That's twice the rate of physicians quitting their profession, says the American Veterinary Medical Association. And the lower availability of vet appointments can be seasonal. For large animal vet practices (which deal with livestock, horses, cattle, etc.), spring is their busiest season with calving and foaling taking place. The warm weather reminds pet owners to take their companion pets to the vet as well. Until the wave of catch-up appointments subsides, just be patient. Keep the appointment that is already set with the veterinarian and schedule Maisie's checkup for next year, if possible.

Send your tips, comments and questions to ask@pawscorner.com.
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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of May 16, 2022

- Video On Demand
1. Moonfall (PG-13) Halle Berry
 2. Spider-Man: No Way Home (PG-13) Tom Holland
 3. Sing 2 (PG) animated Johnny Knoxville
 4. Jackass Forever (R) Lady Gaga
 5. Ambulance (R) Jake Gyllenhaal
 6. Marry Me (PG-13) Jennifer Lopez
 7. Encanto (PG) animated William Catlett
 8. Ghostbusters: Afterlife

(PG-13) Carrie Coon

DVD, Blu-ray Sales

1. Spider-Man: No Way Home (PG-13) Sony Pictures/Marvel
2. Moonfall (PG-13) Lionsgate
3. Sing 2 (PG) Universal
4. Jackass Forever (R) Paramount Home Entertainment
5. Moonfall/Knowing* (PG-13) Lionsgate
6. Spider-Man 3-Movie Collection* (PG-13) Sony Pictures/Marvel
7. Scream (R) Paramount
8. Yellowstone: Season 4 (TV-MA) Paramount
9. Encanto (PG) Disney
10. Sonic the Hedgehog* (PG) Paramount

*Re-release

Source: Comscore/Media Play News

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Hitori

answer

9	6	2	1	4	7	5
6	2	1	7	3	8	2
4	5	7	1	9	1	1
5	9	3	7	2	7	7
7	4	1	4	2	4	3
6	3	5	4	7	6	1
6	0	3	4	1	5	0

SCRAMBLERS

solution

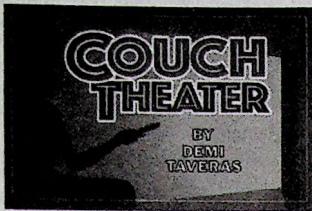
CHISELER

Today's Word

3. Fable; 4. Blister

1. Chasm; 2. Clear

MORE SUN FUN



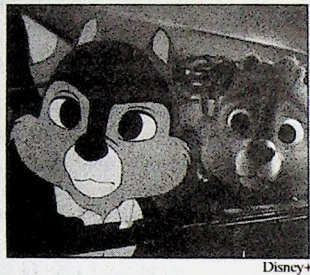
The Time Traveler's Wife (TV-MA) — If the title of this new series seems a little familiar, that's because a film of the same name was released in 2009, and both are adaptations of the novel "The Time Traveler's Wife," first published in 2003. The story follows Henry (Theo James), a man who has a rare disorder than forces him to travel through time, and his wife, Clare (Rose Leslie), whose relationship with Henry warps and changes dramatically due to his disorder. Streaming now. (HBO Max)

Night Sky (NR) — Irene and Franklin York have a long, well-kept secret within their marriage, but it's not what you might think. In the backyard of their quiet home, there's a portal. This portal leads to another planet, one that is completely deserted. When a mysterious person appears in the portal begging for their help, Irene and Franklin realize that their secret is much bigger than they thought. This sci-fi drama series features the highly acclaimed Sissy Spacek and J.K. Simmons as Irene and Franklin. Premieres May 20. (Prime Video)

Chip 'n Dale: Rescue Rangers (PG) — Have you ever wondered what happened to those furry partners-in-crime Chip and Dale? In this film, taking place 30 years after the cancellation of their series "Rescue Rangers," the pals have gone their separate ways. Chip sells insurance while Dale works convention events. But when one of Chip and Dale's friends goes missing, the duo must reunite as the Rescue Rangers to save their friend. Can they save what's left of their friendship as

well? Premieres May 20. (Disney+)

A Perfect Pairing (NR) — After quitting her job due to her tyrannical boss, the ambitious Lola Alvarez decides it's time to open her own wine import company. Determined to kick off her business the right way, Lola tries to land a big-time account: Vaughn Family Wines based in Australia. Once Lola reaches the land down under, nothing goes as expected, and she takes up work as a ranch hand while continuing to make her case with Ms. Vaughn. To make matters more complicated, Lola finds herself helplessly enamored with the mysterious Australian man who works on the ranch with her. Victoria Justice stars as Lola in this romantic comedy. Premieres May 19. (Netflix)



Scene from "Chip 'n Dale: Rescue Rangers"

Firestarter (R) — Based on the novel by Stephen King, this sci-fi horror film from Blumhouse Productions is out on streaming now. A young girl named Charlie develops pyrokinesis, the ability to control fire with the mind. Charlie, with the help of her parents, attempts to keep her pyrokinetic ability a secret, but the fire can't always be contained when Charlie's emotions go awry. When an agency catches wind of her ability, Charlie and her family fight to protect her, but ultimately, Charlie must find strength within herself and learn how to use her gift. (Peacock)

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Contract Bridge

FAMOUS HAND

West dealer.

Both sides vulnerable.

NORTH

♠ K 9 6 3
♥ 9 8
♦ A Q J 10 9
♣ Q 5

EAST

♠ Q 10 7
♥ Q 7 6 4
♦ 7 5 3
♣ 10 9 3

SOUTH

♠ A J 4
♥ A K J 10 5 3
♦ 4
♣ A K 2

The bidding:

West	North	East	South
Pass	1♦	Pass	2♥
Pass	3♦	Pass	4NT
Pass	5♦	Pass	5NT
Pass	6♦	Pass	7♥

Opening lead — six of clubs.

The scene was the 1947 Vanderbilt team championship. It was the last hand of the 36-board semifinal round match, and Dick Frey (South) had left with his team ahead after the 35th board to catch the 1:15 a.m. train for home. Jigger Dornbusch, a reserve member of the team, took Frey's place for the final deal.

Dornbusch was unaware that his North-South adversaries at the other

table had already bid and made six hearts and that all he had to do to win the match was to duplicate this result. Instead, he undertook a grand slam.

Dornbusch won the club lead in his hand, played the ace of trump (to guard against West's holding the singleton queen), led a club to the queen and took a trump finesse. The finesse succeeded, but he could not avoid losing a trump trick and went down one.

Had Dornbusch taken two trump finesses through East — that is, without cashing the ace of trump first — he would have been 2,310 points better off. He also would have won the match instead of losing it.

It is doubtful whether, in the long history of bridge, there has ever been such a dramatic combination of circumstances revolving about one deal. Dornbusch became the goat of the year by playing a single hand! Moreover, the hand itself proved to be very instructive because, though the ace-of-hearts safety play looked attractive, it was in fact a terrible blunder.

In attempting to guard against West holding the singleton queen, Dornbusch in effect neglected to guard against West's holding the singleton 7, 6, 4 or 2. These four singletons were four times as likely to occur as the singleton queen, so Dornbusch's ace play at trick two was decidedly against the odds.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

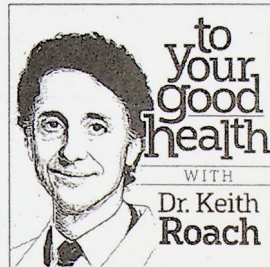
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U E J E U I F N P U I F S D P X T B Z

U P U I F C B C Z D P X B U O J H I U ?

J U ' T Q B T U V S F C F E U J N F .



Cause of Chronic Cough Has Doctors Stumped

DEAR DR. ROACH: My partner and I are in our 60s, exercise regularly (three to five times per week), eat a well-balanced diet and are of average weight. Recently, we went bowling for two games and found ourselves sore in the area right below our buttocks. We were very sore for several days, making walking difficult, especially up and down stairs. What would have caused this area to get so sore? We named it "bowling butt" for lack of a medical term at steps need to be taken next. -- M.B.

ANSWER: Starting a new activity will often cause people to overuse some muscles that aren't used to the strain. Bowling involves forceful extension of the thigh, which is the gluteus maximus muscle, as well as other muscles in the hip to maintain stability. Two games were enough to exhaust that muscle, and the untrained muscle will often suffer small tears, which take days to heal properly. The fact that you were sore with activities involving thigh extension helps confirm the diagnosis. Some people think it's lactic acid in the muscle, but that is gone after a few hours.

Naming a disease is serious business, and I did a look for similar names in the literature. I did find "Wii butt," a pain sensation after playing games, including bowling, on the Wii video game system, but none for actual bowling. I'm not sure "bowling butt" will catch on, however.

DEAR DR. ROACH: I have no health issues, but I'm a cheapskate. I see products labeled as "grain-free" or as "gluten-free," but they always cost more than the regular product. Are there any health benefits to using these, or are they marketing gimmicks? -- L.C.

ANSWER: They are not mar-

keting gimmicks at all. People with celiac disease have a sensitivity to a protein in gluten, called gliadin. Even small amounts of gluten can cause long-lasting damage to the intestines, and many people with celiac disease will be unable to properly absorb nutrients if they are regularly exposed to gluten. This can manifest with severe symptoms, such as weight loss, diarrhea and severe metabolic disturbance. Or it can trigger much milder ones, such as mild abdominal discomfort after eating, skin changes, anemia or joint pains.

Because the symptoms of celiac disease are so varied, a physician must be fairly convinced it's celiac before making the diagnosis. Biopsy is the gold standard for certainty, but blood testing -- if done while consuming a diet containing gluten -- is suggestive. I strongly recommend getting a diagnosis before going on a strict gluten-free diet if you suspect celiac disease.

For people with diagnosed celiac disease, strict adherence to a gluten-free diet is essential, and the increasing availability of gluten-free foods has made the lives of people with celiac disease better. Many grains are gluten-free naturally.

There are people with symptoms from gluten-containing foods but who do not have celiac disease. The term is "non-celiac gluten sensitivity." Some people with this condition are sensitive to components of the food other than the gluten, although there are some people who are sensitive to gluten but do not have celiac disease.

For people without NCGS and without celiac disease, avoiding gluten is not necessary. A diet with many different whole grains has been proven to reduce heart disease risk compared with a more meat-based diet.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

What did the mother cow say to the baby cow at night?

Comfort foods

Made fast and healthy



by Healthy Exchanges

Chicken Fricassee

My grandmother could make something out of nothing ... and often had to! She ran a boarding house during the Great Depression, and she was well-known as a great cook. This is a healthier (and easier) version of one of my favorites.

- 16 ounces skinned and boned uncooked chicken breasts, cut into 4 pieces
- 1 1/2 cups frozen sliced carrots, thawed
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1 (10 1/4-ounce) can reduced-fat and -sodium cream of chicken soup
- 1/4 cup water
- 1/2 teaspoon dried marjoram
- 2 teaspoons dried parsley flakes

1. Spray a pressure cooker container with butter-flavored cooking spray. Evenly place chicken pieces in prepared container and cook uncovered over medium heat for 4 minutes on each side. Sprinkle carrots, celery and onion over chicken.

2. In a small bowl, combine chicken soup, water, marjoram and parsley. Pour soup mixture evenly over top. Cover and bring to low pressure. Lower heat to stabilize pressure and cook 12 minutes.

3. Remove from heat, wait for pressure to be released, remove cover and stir. For each serving, place 1 piece of chicken on a plate and evenly spoon about 1/2 cup vegetable mixture next to it. Makes 4 servings. Freezes well.

• Each serving equals: 192 calories, 4g fat, 25g protein, 14g carb., 405mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Vegetable, 1/2 Starch.

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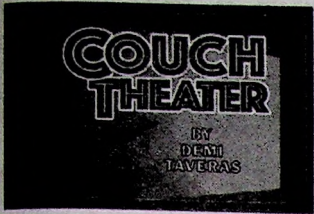


1. Name the artist who released "You're the First, the Last, My Everything."
2. Which group released "Riders on the Storm"?
3. How did Beatle Paul McCartney come up with the lyric "Ob-la-di, ob-la-da"?
4. Who released "I Hear a Symphony"?
5. Name the song that contains this lyric: "And then it happened. It took me by surprise, I knew that you felt it too. By the look in your eyes."

Answers

1. Barry White, in 1974. The songwriters had penned it as "You're My First, You're My Last, My In-Between." White changed the title and lyrics and released it as disco.
2. The Doors, in 1971. It was the last song that singer Jim Morrison released before his death at age 27.
3. His Nigerian drummer friend answered a question with the phrase, "Ob-la-di, ob-la-da, life goes on, brah." The Beatles released the song in 1968.
4. The Supremes, in 1965.
5. "This Magic Moment," by the Drifters in 1960, followed by Jay and the Americans in 1968. Lead singer Jay was "Jay Black," who had been born David Blatt but agreed to legally change his name after the originator of the group, John "Jay" Traynor, left. In 2006, John "Jay" Reincke appeared, the third Jay.

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The Quest (NR) — In 2014, a reality competition series called "The Quest" placed contestants in the fantasy land of Everealm and presented them with a variety of challenges in order to reveal the "One True Hero." Disney+ decided to revive the one-season competition show, but with a little twist: Contestants would consist only of teenagers from around the U.S. These eight teens must rely on their skills and battle it out to save themselves from elimination after each challenge. The last one standing receives the title of "One True Hero." "The Quest" is an entertainingly unique competition that people of all ages could follow along to at home. Premieres May 11. (Disney+)

The Essex Serpent (TV-14) — Sharing the same name with the 2016 novel written by Sarah Perry, this series follows Londoner Cora Sea-borne (Claire Danes), who moves to Essex to explore the myth of the Essex Serpent, a creature reportedly bringing tragedy to those who've needed to speak for their sins. While trying to learn the truth about the serpent, Cora becomes dangerously close to married local pastor Will Ransome (Tom Hiddleston). As the people of Essex continue to experience horrors within their town, they blame Cora for the serpent's presence. Division, doubt and fear wreck Cora, Will and the rest of the townsfolk as the serpent's grip, whether real or metaphorical, only tightens around them. Premieres May 13. (Apple TV+)

Candy (TV-MA) — True-crime drama has been taking center stage lately in movies and TV, and this limit-

ed series serves as another example of why the drama and true crime genres work so effectively together. Based off real-life events, Jessica Biel stars as Candy, a well-respected housewife in the 1980s who feels boxed in by her life and begins to crave more from it. With these feelings harboring inside of her, Candy decides to have an affair with Allan, the husband of her best friend, Betty. Afterward, when Betty starts behaving suspiciously as if she knows of Candy's betrayal, Betty winds up dead. Candy then becomes a suspect for more than just her secret affair. (Hulu)



Claire Danes, Tom Hiddleston in "The Essex Serpent."

Operation Mincemeat (PG-13) — During World War II, the Allied powers hatched a plan to invade Sicily's southern shore; however, the Nazis received wind of the planned attack, forcing the Allies to rethink their original plan. The Allies then came up with Operation Mincemeat, a scheme to make Germany believe that their target has shifted from Sicily to Greece. The scheme included a corpse carrying fake documents that would wash up on the Spanish shore and get taken in by the Spanish military. If all went accordingly, these documents would then be passed onto Germany through its connection with Spain, proving Greece is the Allied forces' new target and leaving Sicily free for the Allies to attack. "Operation Mincemeat" depicts the very risky operation once orchestrated in 1943. Premieres May 11. (Netflix)

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Contract Bridge

A REALISTIC ASSUMPTION

East dealer.
Both sides vulnerable.

NORTH		EAST	
♠ 9 7 5		♠ Q 10 6 3	
♥ 8 6 3		♥ A 4	
♦ A K Q 5 2		♦ J 8 7	
♣ 6 3		♣ K J 7 5	
WEST		SOUTH	
♠ J 8 2		♠ A K 4	
♥ J 9 7 5 2		♥ K Q 10	
♦ 9 3		♦ 10 6 4	
♣ Q 9 4		♣ A 10 8 2	

The bidding:
East South West North
Pass 1 NT Pass 3 NT
Opening lead — five of hearts.

Everybody plays to win, and it is a good idea to keep this in mind during the play of a hand. So, when West leads a low heart against your four-spade contract, it is best to assume that East has the ace and adapt your play accordingly.

The reason to place East with the

ace is that virtually all players have learned in one way or another that leading away from an ace against a suit contract will prove to be a losing proposition in the great majority of deals. You should therefore play the six of hearts from dummy at trick one, dismissing the unlikely possibility of West's having the ace.

East wins the heart with the queen and cashes the ace, but he is then at a dead end. Whatever he returns, the only other trick you can lose is the ace of diamonds. You don't lose a club trick because your clubs can eventually be discarded on dummy's diamonds.

Now let's suppose that you imprudently played the king of hearts from dummy at trick one. In that case, good defense would defeat you.

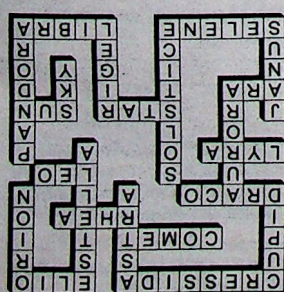
East takes the ace, but instead of cashing the queen, he returns a low heart! He does not have to be a genius to do this. East realizes that if you had the jack, you would have played low from dummy at trick one rather than put up the king.

West wins the heart at trick two and shifts to a club, and in the fullness of time you go down one.

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by Steve Becker

Puzzles4Kids



Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible.

Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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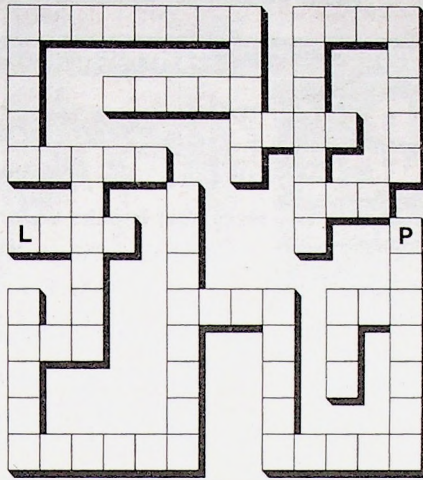
Puzzles4Kids

by Helene Hovanec

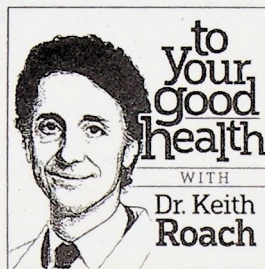
CRISSCROSS — NAMES INSPIRED BY OUTER SPACE

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

- 3 Letters
ARA
LEO
SKY
SUN
- 4 Letters
ELIO
LYRA
RHEA
STAR
- 5 Letters
ASTRA
COMET
CUPID
DRACO
JANUS
LIBRA
ORION
RIGEL
- 6 Letters
AURORA
SELENE
- 7 Letters
ESTELLA
PANDORA
- 8 Letters
CRESSIDA
SOLSTICE



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Cologuard Test Is Worth Risk of a False Positive

DEAR DR. ROACH: I am a 77-year-old man in good health. At my recent annual physical exam, my physician ordered a Cologuard kit to be sent to me to screen for colorectal disease. I have never had symptoms of disease or problems with any part of my gastrointestinal tract. I had two colonoscopies at different times several years ago, with negative results. When I got the kit, I read that the Cologuard test could result in false positives, with an increased risk of false positives for persons over age 75. A positive test result requires a follow-up colonoscopy, which is also riskier for elderly patients. Since I am in good health with no symptoms of any disease, I decided I did not want to risk a false positive result from the test, which would require a follow-up colonoscopy. Did I make the right decision? —E.G.

ANSWER: Cologuard is a brand of test that looks at DNA in stool for evidence of cancer. Certain DNA mutations are highly suggestive of cancer. In addition, Cologuard does an immunochemical test looking for blood. Because it combines these two techniques, Cologuard is more sensitive than only a test looking for blood. Compared with colonoscopy, Cologuard is about 92% sensitive in finding cancers, meaning it will miss about 8%. With improved sensitivity comes a lack of specificity, which means you could have a false positive result. The Cologuard can say that you have an abnormality when

a colonoscopy would indicate normal. For 45% of people with a positive Cologuard test, no abnormalities will be found upon colonoscopy. You are right that false positives are more prevalent in older individuals.

There are two reasons that I think the Cologuard is still a reasonable choice, although it isn't as good as colonoscopy. The first is that I continue to recommend a screening test for healthy 77-year-old men, and although colonoscopy is my first choice, a normal Cologuard test prevents a need for colonoscopy, and a false positive would lead to the same colonoscopy you would have gotten anyway (although there probably is more anxiety after a false positive test). The second is that a person with an abnormal Cologuard and a normal colonoscopy may be at risk for an abnormality that wasn't found on colonoscopy. A study looking at people in this category found a 25% risk of abnormality on follow-up colonoscopy, if the Cologuard was abnormal again one to two years later.

DEAR DR. ROACH: I am 35 years old. I have experienced fluttering in my chest for most of my adult life. It's been a once in a while kind of thing, but for the past month, I keep getting it every day. I have had a lot of EKGs, but my doctor seems to think everything is normal. Please help me, because it's messing up my work and other aspects of my life? —S.Q.

ANSWER: Most of the time, fluttering in the chest is not something you need to worry about. Most people will have occasional episodes of this, and a few people have a greater number but are found to be normal after extensive evaluation.

A cardiologist might recommend a 24- to 48-hour heart monitor. If you have symptoms every day, this would be likely to catch your heart rhythm during an event. Devices that record for longer amounts of time are also available, and there are consumer devices that allow you to record an EKG yourself.

MORE SUN FUN

Comfort foods



by Healthy Exchanges

No-Bake Creamy Strawberry Pie

This is almost like whiling away the hours in a strawberry patch and indulging to your heart's content.

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free strawberry gelatin
- 1 cup water
- 1 cup reduced-calorie whipped topping
- 2 cups finely chopped fresh strawberries
- 1 (6-ounce) purchased graham cracker pie crust

1. In a medium saucepan, combine dry pudding mix, dry gelatin and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally.

2. Fold in whipped topping. Add strawberries. Mix gently just to combine. Evenly spoon mixture into pie crust. Refrigerate at least 2 hours. Makes 8 servings.

• Each serving equals: 141 calories, 5 g fat, 2 g protein, 22 g carbohydrate, 200 mg sodium, 2 g fiber; Diabetic Exchanges: 1 1/2 Starch/Carbohydrate, 1

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- How long was the album version of "Try Me, I Know We Can Make It"?
- Name the group that released "Midnight Train to Georgia."
- What duo wrote and released "What Have I Done to Deserve This"?
- Which artist released "Walk the Way the Wind Blows"?
- Name the song that contains this lyric: "The wind in the willow played love's sweet melody, But all of those vows we made were never to be."

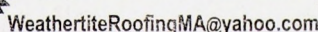
Answers

- The song was nearly 18 minutes, one minute longer than "Love to Love You Baby," Donna Summer's previous release. "Try Me" topped the Dance Club charts in the U.S.
- Gladys Knight and the Pips, in 1973. The song netted them a Best R&B Vocal Performance Grammy.
- The Pet Shop Boys, in 1987, in collaboration with Dusty Springfield. The song helped revive Springfield's flagging career when it hit the Top 10.
- Kathy Mattea, in 1986.
- "Blueberry Hill," by Fats Domino in 1956. The 1940 song was released several times during that decade, mostly by big bands. The oddest version, available around the Internet, has to be that done by Russian Prime Minister Vladimir Putin in 2010 at an international children's charity benefit.

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ANOTHER SENIOR MAJOR collection at this year's Quincy High School Fashion Show featured designs by Leah Forte (center) and modeled by Mairene Ibardaloza, Jimmy Phipps, Will Ploof and Skyla Whelan.

Quincy Sun Photos/Robert Bosworth



ROUNDING OUT THE senior major's collections were fashions designed by Laila "Queen Lai" Mullgrave (center) and modeled by Cynthia Henderson, Kaleigh Conroy, Alex Montero, Christina Lacroix and the designer herself.

Quincy High School Fashion Show Returns To The Runway

Cont'd From Page 19

vious two graduating classes also got in on the fun.

The fashion show opened with eco-friendly fashions featuring clothing crafted from recycled and reclaimed materials. Students featured in that portion of the show, according to a program provided by the school, were: designer Mallory Carlson and model Skyla Whalen; designer Sam Conley and model Madison O'Hara Kelly; designer Katie Bardwell, who modeled her own outfit; designer Kimi Vallee and model Celia Cronin; designer Grace Cuniff and model Maia Popa; designer Mary Tan and model Mya Milette;

and designers Emily Huang and Gina Zheng, the latter of whom also modeled the design.

Next up were Fashion 1 students, most of whom modeled their own designs. Designers showcased in that section were:

Alexandra Hoey-Ventura; Jasmine Hurney; Fatema Al-Janabi; Milah Murphy; Heidi Kume; Saniyan Houtman; Alexia Qako; Meghan Troy; Vanessa Nguyen; Evelensha Blanc; Tyler Leary (modeled by Brianna Keddy); Megan Caldwell; Raysa Difour; Ella Halley; Zoe Luggelle; Debora Soares; Mary Luong; Yerricka Baez; Lucia McManus;

Caitlin Murphy; Rebecca Smith; Bridget Rohanna; Arunee Sundosd; Jayda Sessay; Kassy Tavares; Jayden Guerra; Izzy Guerreiro; Mia Tratzinski; Marrisa; Zhaiya; Lola Pagnani; Callie Alesandro; Emily Jones; Jasmine So; Henry Tang (modeled by Lillian Nguyen); Lillianna Kopiec; Genesis Anderson; Olivia Moura; and Blade Buck Cucinatta (modeled by Meghan Troy).

They were followed by Fashion 2 students who designed decades garments. Designers participating in that portion were: Grace Cuniff (1960s design) modeled by Aislynn Johnson; alumni Leticia Paiva and Lara Cezar (1970s design) modeled by Mallory Carlson; Kimi Vallee (1980s design) modeled by Jia Alkhatib; and Sam Conley (1990s design) modeled by Isabelle Lamas.

Up next was outerwear designed by Fashion 2 students. Participating in that portion were: designer Jesse Zheng, who modeled her own design; designer Katie Bardwell and model Devereux Fuller; designer Mallory Carlson and model Jacob Lustig; designer Mary Tan and model Brandon Hibbard; designer Grace Cuniff and model Mollie Smith-Gaeta; designer Kimi Vallee and model Lana Vangorder; and designer Sam Conley and model Fallyn Scott.

They were followed by alumni: 2020 graduate Shelagh Holle (UMass Amherst) and 2021 graduates Sorcha Quinn (Mass College of Art), Katherine Shaughnessy (LSU and Curry College) and Abby Yanovitch (Mass College of Art).

Up next was Elizabeth Chetwynd, who showcased her junior major's collection. Chetwynd modeled her

**Five Galleries Of QHS Fashion Show Online:
Go To TheQuincySun.Com To View Photos**

designs, along with Annika Schmitt and Justin Chan.

Capping off the show were the senior majors' collections.

Designers showcased during that portion were

Leah Forte (modeled by Mairene Ibardaloza, Jimmy Phipps, Will Ploof and Skyla Whelan); Emily Huang (modeled by Sophia Nguyen, Amari Blair, Vicki Rak,

and Amber Tran); and Laila "Queen Lai" Mullgrave (modeled by herself and Cynthia Henderson, Kaleigh Conroy, Alex Montero and Christina Lacroix).



ECO-FRIENDLY FASHION created with pattern envelopes is modeled by Quincy High School student Gina Zheng. It was designed by classmate Emily Huang.



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Crane Library Bookstore Re-Stocked After 10th Anniversary Big Bag Sale

Fiction, Mystery, Classics, Biographies, Cookbooks And More

The shelves are bursting at the Crane Library Bookstore! All that reading and movie-watching that folks engaged in during the pandemic has resulted in an abundance of new donations to the shop.

The enormous success of the Bookstore's 10th Anniversary Big Bag Sale in November, 2021 cleared the shelves of books and media and the store is re-stocked with works of fiction, mystery, classics, biographies, cookbooks and more.

When children weren't 'zooming' during the pandemic, they must have been reading, too, as the bookstore has received lots of donations of children's books for all ages. All CD's and DVD's are selling now for only \$1, with a buy-one-get-one-free deal.

Bookstore earnings support Crane Library programs not funded by the city, such as movies, how-to programs, concerts, public lectures, and the ever-popular programs for children



BOOKSTORE COMMITTEE-CHAIRMAN Bill Mackey, and five-year President of the Friends of the Crane Library, Catherine Lynde review the "New/Recent/Prize Winner" display of books at the Crane Library Bookstore. The shop offers bargain prices for gently-used books and media.

Photos Courtesy Miriam Joseph

and teens at the main library and its branches.

The shop is open on Thursday evenings from 6 p.m. to 8 p.m. and on Saturdays from 10 a.m. to 4 p.m. with private entrance in rear of the historic Thomas Crane Public Library. Man-

aged and staffed completely by volunteers the store welcomes all those interested in helping out at the shop.

Hard cover books sell for \$2, paperbacks for \$1, with even lower pricing for children's books and mass-market paperback novels.

The Crane Library Bookstore accepts donations of books and media in re-sellable condition; material in poor condition, magazines, encyclopedias, textbooks, outdated reference books or computer software and games cannot be accepted.



VOLUNTEERS ANNE ACTON (left) and Eunice Charles are busy at work sorting donations to the Crane Library Bookstore, where volunteers meet once or twice weekly to screen, select and ultimately stock bookstore shelves with donations of books and media to the store.



ELIZABETH SOLOMAN, a veteran volunteer at The Crane Library Bookstore, adds to the store's specialty stack of mystery novels which are sorted and reviewed before being placed in the shop's display.

The City of Quincy presents

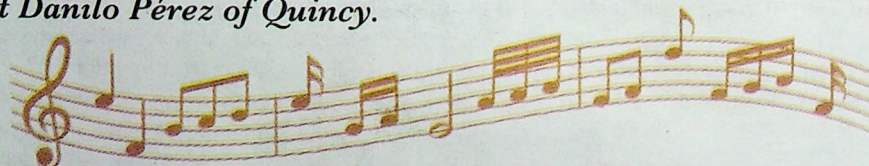


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